



APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.TeamAPG.com

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Retiree Appreciation set for May 9

By **YVONNE JOHNSON**
APG News

In a breakaway from years past, Aberdeen Proving Ground has moved its annual Retiree Appreciation Day event from November to May.

The annual gathering that brings area military retirees and representatives of post and local services together will be held Saturday, May 9 starting 8 a.m. in the APG North (Aberdeen) recreation center, Bldg. 3326. Lunch, for a nominal fee, will follow in the adjoining 1st Sgt.'s Grill.

According to retired Lt. Col. Nelson Laughton, chair of the APG Retiree Council, the event was moved from November to May to be more in sync with the annual Armed Forces Week appreciation festivities.

"This is the kickoff event," Laughton said, adding his thanks to members of the council who are coordinating the event.

"This is a great opportunity for military retirees of all branches to get the latest information from post service providers as well as state, local and national vendors like the Veterans Administration, TRICARE

See **APPRECIATING**,
page 18

inside

TECHNOLOGY

Spring Tech Expo showcases latest workplace technologies and innovations.

Expo | 3

EXCELLENCE

Staff sergeant earns back-to-back RDECOM NCO of the Year titles.

RDECOM | 5

READINESS

Prepare for potential floods and tornadoes brought by spring rains and changing temps.

Spring | 8

HEALTH

Popular protein bars containing hemp seeds violate Army regulation.

Army | 14

online

www.TeamAPG.com/APGNews

facebook.com/APGMd

twitter.com/USAGAPG

flickr.com/photos/usagapg/

ICE system
http://ice.disa.mil/
Facebook, http://on.fb.me/HzQlQw

index



Holocaust survivor and guest speaker Morris Rosen accepts an Aberdeen Proving Ground blanket from Dr. Laurel Allender, director of ARL's Human Research & Engineering Directorate, during APG's annual Holocaust Days of Remembrance observance April 23.

Photo by Sean Kief

Days of Remembrance

Holocaust survivor shares story, hope for future

By **AMANDA ROMINIECKI**
APG News

"It is very difficult to condense five years of the darkest hour in human history into 40 minutes," began Holocaust survivor Morris Rosen at the installation's annual Holocaust memorial event.

Rosen, born Moniek Rozen in Poland in 1922, served as the guest speaker during the Holocaust Days of Remembrance observance April 23 at the APG North (Aber-

deen) post theater.

The memorial event was hosted by Team APG and the U.S. Army Research Laboratory. ARL has hosted the event for more than 15 years.

Just 14 years old when Germany invaded Poland, Rosen, now 92, still clearly recalls the horrors he endured along with millions of Jews, Roma gypsies and other groups deemed racially inferior by the Nazis.

In a quiet but steady voice, still thick

with an accent from his Polish roots, Rosen took attendees on a journey, starting with Nazi Germany's invasion of Poland in 1939.

Jewish business owners had to shut down their shops; families, most of whom were very poor, had to pay the Nazis an "occupation" fee in countless pounds of silver and gold, he said.

See **REMEMBRANCE** page 17

Children explore the workplace

JPEO-CBD celebrates 'Take Your Child to Work Day'

By **STACY SMITH**
APG News

The Joint Program Executive Office for Chemical and Biological Defense (JPEO-CBD) hosted a day-long Take Your Child to Work Day event for organization employees and their children on APG South (Edgewood) April 23.

See **CHILDREN**, page 18

James Rouse, Joint Program Executive Office for Chemical and Biological Defense (JPEO-CBD) event coordinator displays the unified command suite and analytical laboratory system miniature models and other JPEO-CBD equipment during the organization's Bring Your Child to Work Day event April 23.

Courtesy photo



Bike to Work Day rallies set for May

By **STACY SMITH**
APG News

To celebrate National Clean Commute Month, APG will host Bike to Work Day rallies 7 to 9 a.m., May 13 at APG North (Aberdeen), and May 22 at APG South (Edgewood), rain or shine.

Both rallies will include a welcome from local officials and dignitaries, cyclist parade routes, vendor exhibits, prize drawings, free bicycle inspections from a local bicycle shop, and light refreshments.

Cyclists can ride alone or join a convoy led by an experienced cyclist. Each day includes a Team Cycle Challenge in which organizations compete for the largest amount of participating employees. Last year, the U.S. Army Test and Evaluation Command took the top honor for the largest team at APG North (Aberdeen).

Harford Commute Smart and the APG Garrison host the annual rallies to promote bicycling as a fun, viable, low-cost commuting option.

The number of U.S. bicyclists is growing rapidly from coast to coast. According to www.peopleforbikes.org, over the last decade, bike commuting grew 47 percent nationwide, and 73 percent in the largest cities.

See **BIKE**, page 18

Mark Your Calendar | 6
Crossword | 16

All Things Maryland | 9
At Your Service | 14

MWR Events | 10
Did You Know? | 18

APG History | 13
Snapshot | 19

STREET TALK

April is Month of the Military Child. Throughout the month, APG News will query military children with special questions for undoubtedly insightful responses that can only be delivered from the minds of youth.

If you could be an animal for a day, what animal would you be?

I would be an eagle because they do not have many predators. I could defend myself and my family.



Rodney Thomas
Age 12

I would be a dinosaur, because it would be cool to come back from extinction, and they are fierce.



Tiarah Vickers
Age 10

I would be a poodle because they are cute and furry. Also they bark loud, and I am loud.



Mia Vickers
Age 8

I like to run, so I would be a cheetah because they are fast and furious. They are the fastest animal on the planet.



Marisol Macias
Age 10

I would be a chameleon, because I would be able to change colors to hide from predators.



Rachel Thomas
Age 10



U.S. ARMY

SHARP

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

RESOURCE CENTER

APG

Sustaining the momentum

The Army continues to make great strides acknowledging and addressing the issues of sexual harassment and sexual assault within the its ranks. This year, Army Chief of Staff Gen. Raymond Odierno and a host of senior leaders are focused on sustaining the momentum when committing to the elimination of sexual violence within the Army community. Army leaders are focused on not only changing the culture, in regards to occurrences of sexual assault, but in eliminating it completely through education, awareness, prevention and intervention.

As members of the Army profession, we are held to a high standard of ethical conduct. As Army professionals, it requires all of us to change and challenge behaviors inconsistent with our values, our ethics, and anything potentially damaging to morale and our professional reputation. The American people look to us to set the example through our behavior. Individuals who violate the trust given to us by the American citizenry, through unacceptable behavior, must be addressed. We can address it together by committing to not being unengaged bystanders. If you see something, do something to prevent the situation from worsening. In many cases, the problem can be solved at a very low level.

Leadership plays a critical role in instilling trust within the workplace, but it requires every member of the team to make the objective a reality. It is the responsibility of every member of the Army family to do more each and every day to help promote a culture and an environment of dignity, confidence and mutual respect for everyone and to reinforce a positive command climate intolerant of sexist behaviors or sexual offenses.

The keys to achieving this objective is learning to recognize the early warning signs of the high-risk behaviors and attitudes



Utley

potentially leading to sexual offenses and how to safely intervene to help the victim and thwart the perpetrator. It is imperative each of us are knowledgeable, aware, observant and alert to these early warning signs from co-workers, family members and peers. By equipping ourselves with this knowledge, we are in a better position to spot these types of behaviors and to help prevent sexual harassment and sexual assault from happening within the workplace and within the Army communities.

To bring awareness and education to its workforce, ATEC will host a number of Sexual Harassment/Assault Response and Prevention educational programs, including the production of SHARP Vignettes to demonstrate how to recognize and navigate through risky situations in and outside of the workplace.

Through awareness and education, we all can learn more about how to become a victim's advocate, be aware of the services available on the installation, and do our part to instill confidence, inspire victims to report, and restore resilience in the workplace and at home.

To eradicate sex crimes within the Army, senior leaders are working to create an environment in which Soldiers and civilians can trust in their chain of command to maximize the safety, mutual respect, trust and professionalism in the workplace. Creating a culture in which these offenses are not tolerated, or high-risk behaviors potentially leading to such crimes, will cultivate an environment of prevention.

Leaders must take any reports of sexual harassment and assault seriously and address such reports to ensure timely and accurate results. Army leaders encourage the reporting of offenses and will hold those who violate the trust accountable while adhering to the newly established policies, procedures and initiatives to instill trust at all levels.

MAJ. GEN. PETER D. UTLEY
Commander, U.S. Army Test and Evaluation Command



Heroes on the Home Front




APG ARMED FORCES WEEK EVENTS MAY 9-16

- May 9:** Military Retiree Appreciation Day, 8 a.m., APG Recreation Center. For more information, call Tom Shumate at 410-306-2303.
- May 11:** Golf Tournament, 7 a.m., Ruggles Golf Course. For more information, call Rick Bond at 410-278-4794.
- May 12:** All APG Soldiers Armed Forces Run, 6:15 a.m. For more information, call Sgt. 1st Class Scalies at 410-861-7069.
- May 13:** Gold Star Breakfast, 8 a.m., Main Post Chapel.
- May 13:** Armed Forces Displays, Future Soldier Recognition, demonstration, APG North (Aberdeen) recreation center.
- May 14:** Harford County Chamber of Commerce Military Appreciation Luncheon, 11 a.m., Richlin Ballroom, Abingdon. Registration Required. For more information, call Vanessa Milio at 410-838-2020.

APG SEVEN DAY FORECAST





APG NEWS

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or email yvonne.johnson5.ctr@mail.mil, or contact Reporter Rachel Ponder, 410-278-1149 or email rachel.e.ponder2.ctr@mail.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Senior Commander ..Maj. Gen. Bruce T. Crawford
APG Garrison Commander .. Col. Gregory R. McClinton
Public Affairs Officer Kelly Luster
Editor Amanda Rominiecki
Assistant Editor..... Yvonne Johnson
Contract Photojournalists..... Rachel Ponder
..... Stacy Smith
Graphic Designer/Photographer Molly Blosse
Website www.TeamAPG.com/APGNews

Expo features new, emerging technology

Story and photos by **RACHEL PONDER**
APG News

More than 430 visitors got a glimpse of the latest in information technology and office innovations during the 2015 Spring Technology Exposition at the APG North (Aberdeen) recreation center, April 22.

The U.S. Army Edgewood Chemical Biological Center Corporate Information Office and Federal Direct Access Expositions co-host the biannual tech expos in the spring and fall.

During the free event, Soldiers, civilians and contractors interact with vendors to explore the latest office and workplace innovations. The expo featured products ranging from laboratory equipment, to 3-D software, to ruggedized tablets that are used by Soldiers on the battlefield.

“It [the tech expo] is a wonderful opportunity for all personnel on APG to communicate, exchange ideas, develop contacts and to further their relationships with industry,” said Donna Flemister of FDAE.

Craig Thomas, a representative from Kodak Alaris, talked to attendees about organizing and streamlining documents with a scanner.

“Many industries, such as the health-care field, are moving towards storing records and documents digitally,” he said.

Sheryl Barrios, from Plantronics, said attendees showed increased interest in wireless Bluetooth headset systems and conference speakers.

“The technology changes from year to year, she said. “At one time, Bluetooth was unheard of, so it is nice to see that people are going that way.”

Kathy Ciolfi and Richard Wiltison from the U.S. Army Research, Development and Engineering Command’s historical office said they attend the event every year to track technology advancements. This year, they were interested in a high-resolution presentation camera called a “Visualizer,” which also acts as a scanner.

“This technology would help us preserve 100-year old historical documents,” Ciolfi said. “It is very impressive.”

Wiltison said he also attended the event to learn more about tablets that can be used during historical tours and professional development presentations.

Civilian retiree Tom St. John, who is now with S&K Logistics Services, said he has been attending the tech expo for a number of years.

“Logisticians need to stay connected with the ever-changing new technology,” he said.



gy,” he said. “This event is phenomenal, it is great for networking opportunity.”

For the third year in a row, the expo offered technical training sessions for guests. Held in the center’s classrooms, the sessions were supported by two IT businesses and taught by subject matter experts. Topics of discussion included video teleconferencing and Microsoft Office 2013.


Mark Flemister, president of FDAE, said the APG community is encouraged to provide feedback that will help them plan for the next event.

“There are so many commands on APG who all have different missions and therefore different technology needs,” he said “We want our expos to benefit all of these commands and encourage personnel to speak up and send information to us on what technologies and companies they’d like to see in this fall’s expo.”

The Fall Technology Expo is slated for Wednesday, Oct. 14 at the APG North recreation center from 9:30 a.m. to 1:30 p.m. For more information, contact Mary McCully of ECBC/CIO at 410-436-2625 or mary.p.mccully.civ@mail.mil or call 1-877-332-3976, or e-mail markf@fdaexpo.com with comments and suggestions.



(Top) John Nestler, a representative from HGST, shows a helium-filled hard drive to Sgt. 1st Class Carlos Casquete, with the U.S. Army Test and Evaluation Command, during the APG Spring Technology Expo at the APG North (Aberdeen) recreation center April 22. Between them is a clear tank filled with di-electric cooling fluid. The tank contains a PC server with a helium-filled hard drive, to demonstrate that the drive is 100 percent sealed from liquid, air, dust and dirt. (Bottom) Civilian retiree Tom St. John, left, listens as Ed Miller, a representative from SOLIDWORKS, explains 3-D modeling software.



APG CATCH-A-POACHER PROGRAM

A wide variety of wildlife call Aberdeen Proving Ground home. The APG Conservation Law Enforcement Branch is asking you to be a partner in protecting and preserving the natural resources here on post. If you see or have knowledge of poaching or illegal activity involving wildlife or natural resources, you can use the SUBMIT-A-TIP hotline to anonymously provide information to catch a poacher.

Call the SUBMIT-A-TIP “HOTLINE” at 410-306-4673.
Emergencies or violations in progress should always be reported via 911.

When reporting poaching or illegal activity involving wildlife or natural resources on APG, please take note of the information listed in the form below.

Name/Description/Address of the Poacher
Location/Days/Times & Type of Poaching
Vehicle/Vessel Description or Registration #

*You can also cut out this completed SUBMIT-A-TIP form and mail it to:
2200 Aberdeen Blvd. APG, MD 21005*

Garrison employees to receive awards recognizing federal career excellence

By **YVONNE JOHNSON**
APG News

Three garrison personnel will be recognized for outstanding service to the installation during the 48th Excellence in Federal Career Awards Luncheon and Ceremony in Baltimore, Maryland May 1.

Hosted by the Baltimore Federal Executive Board (FEB), the regional federal employee recognition program is held in conjunction with Public Service Recognition Week.

Annually, about 200 personnel from Aberdeen Proving Ground organizations receive gold, silver or bronze certificates during the ceremony, which typically draws more than 850 people from federal agencies across the region.

The APG Garrison honorees this year include Thomas S. Shumate, military personnel officer, Directorate of Human Resources; Linda VanBemmel, Information Technology Officer, Directorate of Plans, Training, Mobilization and Security; and Devon A. Rust, Installation Energy Manager, Directorate of Public Works.

VanBemmel and Rust are bronze awardees, and Shumate is a silver finalist. Gold winners are announced during the award program.

Thomas Shumate

Shumate was nominated in Category 2b: Outstanding Professional (Non-Supervisory). He is credited with ensuring the Military Personnel Office

(MILPO) exceeded processing timeliness standards of 95 percent for more than 46,000 personnel actions and maintained a quality customer service rating of over 97 percent from more than 36,000 Soldiers, family members, civilian employees, retirees and contractors.

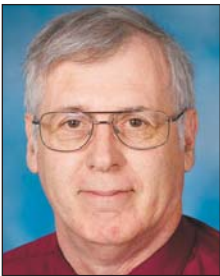
A military retiree, and member of the APG Military Retiree Council, Shumate co-organized the installation's Retiree Appreciation Day event, securing 40 vendors, 10 panel members, and command leadership presence as well as the guest speaker.

In addition, Shumate single-handedly coordinated with the Regional Transition Assistance Service Manager at Fort Dix, New Jersey, and partnered with the Departments of Labor and Veterans Affairs to support the installation's monthly Transition Assistance Program workshops in support of the Soldier for Life program.

Shumate was nominated by Janet Dettwiler, director of Human Resources.

Dettwiler said Shumate works tirelessly to ensure the MILPO provides outstanding service.

"He never hesitates to offer assistance, and is always available to share his expertise with personnel," she said.



Shumate

"He is relied upon and sought out for his knowledge and expertise [and he] is a true asset to the Aberdeen Proving Ground community."

Linda VanBemmel

VanBemmel was nominated in Category 2a: Technical, Scientific & Program Support Professional (Non-Supervisory). She is credited with the completion of numerous local initiatives such as the development of the Centralized Garrison Information Management Office (IMO). In addition, she obtained necessary funding for above baseline services and support that was required in the patching, logs and Cat I mitigation of garrison servers.

VanBemmel oversaw the upgrade of software and hardware for major components; obtained funding for above baseline support and services; and created an information assurance policy governing garrison equipment, printing and cellphone use.

VanBemmel was nominated by Peter Slusar, chief of the Plans, Analysis and Integration Office.

Slusar said VanBemmel works tirelessly to ensure the garrison IT program is the best it can be.

"Her hands-on approach is second to none," he said. "She never hesitates to ask the hard question. She is a true asset to the APG community."

Devon Rust

Rust was nominated in Category 3a: Outstanding Para-Professional, Tech-

nical, Scientific and Program Support. Rust was nominated by Todd Henricks, DPW deputy director.

Henricks said that Rust has distinguished herself as a highly professional and accomplished employee who has benefited APG energy programs, facility infrastructure and tenant missions.

He noted that APG has won the Secretary of the Army Energy Award three out of the five years Rust has served as the installation energy manager. Her accomplishments include exhibiting extraordinary leadership in overseeing and implementing the installation energy program; leading the Energy and Water Action Team; meeting Net Zero guidelines while saving more than \$299,000 and more than 47,000 gallons of water per year; implementing successful utilization of Energy Saving Performance Contracts (ESPC); integrating energy-saving initiatives into the metering of the Building Operations Command Center (BOCC); and coordinating with the Energy Initiatives Task Force (EITF) regarding a renewable electrical generation project.

Henricks said her ability to overcome personnel shortfalls has benefited APG and will continue to do so.

"[Rust] is building the foundation for APG's energy security and sustainment for a long and successful future," he said, "[and she] has significantly contributed to the IMCOM mission."

RDECOM CG selects new CERDEC director

CERDEC Public Affairs

The commanding general of the Research, Development and Engineering Command appointed a new director for the command's communications-electronics center, or CERDEC, during a ceremony at the Myer Auditorium on APG North (Aberdeen) April 22.

Henry J. Muller, Jr. replaces Jill H. Smith, who retired in October. Muller is the third CERDEC director since the Army transferred operational control for the center from the Communications-Electronics Command to the Research, Development and Engineering Command in 2004.

"The Army asks a lot of the men and women selected to lead RDECOM centers and labs. They are expected to be world-class technical experts and outstanding leaders, and also the face of innovation for the Army for industry, academia and other partners," said RDECOM Commanding General Maj. Gen. John F. Wharton.

As director, Muller will manage, plan and execute technical research in the area of command, control, communications, computers, intelligence, surveillance and reconnaissance, or C4ISR.

He will also represent the command to the Army Materiel Command, Department of the Army, Department of



Photo by Conrad Johnson

The newly-appointed director of RDECOM's communications-electronics center (CERDEC), Henry J. Muller Jr., right, is sworn in during a ceremony at the Myer Auditorium on APG North (Aberdeen) April 22. RDECOM Commanding General Maj. Gen. John F. Wharton, left, presided over the ceremony.

Defense, Director of Defense Research and Engineering, and other military and civilian echelons on topics of CERDEC interest.

"I follow in the footsteps of great lead-

ers who have provided mentorship and guidance to me throughout my career and whose experiences have influenced my career," Muller said. "They demonstrated that being a leader means, 'set-

ting a vision and driving it home,' while also demonstrating a true sense of caring for the people in the organization.

"I've been a member of the CERDEC team for many years and have had the good fortune to work in and lead several CERDEC organizations. I've served as a project leader, a chief at the branch and division level and a director at the associate and directorate level.

"I look forward to bringing these experiences, both technically and managerially, to the technical director's position."

Prior to his appointment, Muller served as the director of CERDEC's Intelligence and Information Warfare Directorate since January 2012.

He entered the Senior Executive Service Corps in November 2008 as director of CERDEC's Space and Terrestrial Communications Directorate. Before that, he served four years as CERDEC's associate director and two years as chief of the Information Operations Division of CERDEC I2WD.

"Henry has been with what we now call the C4ISR community for more than 30 years," Wharton said.

"Based on Henry's vast experience, I am confident he brings the depth of technical knowledge and the leadership ability it takes to run such an important organization in such challenging times."



Forestry award marks Arbor, Earth days on APG

APG Garrison Commander Col. Gregory R. McClinton pins a Tree City USA Recognition pin on Smokey the Bear's hat on Arbor Day, April 24, as APG Garrison Command Sgt. Maj. Jeffrey O. Adams looks on.

Smokey is holding the Tree City USA Recognition award marking APG's 10th consecutive year of recognition by the National Arbor Day Foundation, the U.S. Forest Service and the National Association of State Foresters.

In addition to earning the Tree City USA recognition for 10 consecutive years, APG has also earned seven Tree City USA Growth awards, an indicator of the installation's continued commitment to forestry and environmental stewardship.

Earlier, Directorate of Public Works personnel John Wrobel, Kathy Thisse and Karen Jobes escorted Smokey to greet drivers at the Route 715 gate and to visits at post child development and youth centers on APG North (Aberdeen).

Photo by Amanda Rominiecki



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Click on "ARMY" then "Aberdeen Proving Ground."

RDECOM names NCO of the Year

By **DAN LAFONTAINE**
RDECOM

Staff Sgt. David Carter did it again. Carter has won back-to-back Non-commissioned Officer of the Year Competitions for the U.S. Army Research, Development and Engineering Command. “For the competitors, you pushed me to be better than I thought I would be. To my NCOs and everyone who helped me during this process, thank you because without all the bricks, you can’t build a house,” Carter told the group of about 20 RDECOM Soldiers during the awards ceremony April 15.

After three days of tasks that tested physical fitness and technical skills, Carter topped three of his peers to take the honor. He advances to the U. S. Army Materiel Command NCO of the Year Competition in July.

RDECOM Command Sgt. Maj. James P. Snyder thanked all the competitors for their commitment.

“I truly appreciate the fact that you took time from your personal lives to study, come here and stand above all your peers by choosing to compete for this process,” Snyder said. “The way the scoring system was set up, it was impossible to be great at one particular event and win the board. You had to be good at everything. [Staff Sgt. Carter] stood out amongst the candidates with his knowledge and physical ability.”

Brig. Gen. William Cole, RDECOM deputy commanding general, said that challenges such as the NCO of the Year Competition will pay dividends.

“Everyone who took part in this competition, you got a lot out of it,” Cole said. “You will be able to draw from this throughout your careers and lives. Any time you meet a difficult challenge, you get stronger from that. You can reach down during tough times. If you can do a 12-mile road march in under three hours, you can handle the problems in front of you.”

Carter is a strategic system maintenance repairer assigned to the Communications-Electronics Research, Development and Engineering Center’s Intelligence and Information Warfare Directorate at APG.

Also vying for the award were:

- Staff Sgt. Timothy L. Claflin, a flight test crew chief assigned to the Aviation and Missile Research, Develop-



Photo by Conrad Johnson

Staff Sgt. David Carter navigates the obstacle course at Gunpowder Military Reservation during the 2015 RDECOM NCO of the Year Competition April 14. Assigned to CERDEC at APG, Carter has earned back-to-back NCO of the Year titles.

ment and Engineering Center’s Aviation Applied Technology Directorate at Fort Eustis, Virginia.

- Staff Sgt. David A. Hoisington, an enlisted advisor assigned to the Army Research Laboratory’s Human Research Engineering Directorate at APG.

- Staff Sgt. Candice M. Holmes, a parachute rigger assigned to the Natick Soldier Research, Development and Engineering Center’s Aerial Delivery Directorate at Natick, Massachusetts.

A Soldier’s service

The four competitors discussed their personal goals and contributions to the Army as well as what they have gained from their service.

Holmes said the Army has provided the thrilling career she craved after high school.

“I joined the Army because I wanted something exciting to do,” Holmes said. “The Army offered the job of parachute rigger, which sounded awesome because you get to jump out of planes and don’t have to sit at a desk all day.

“The Army draws people from everywhere. You meet people from all parts of the country, and you get to learn a lot from their different backgrounds.”

Hoisington reflected on the discipline he’s learned.

“When I first joined the Army, I had evaluated where I wanted to be in the future. The Army provided several opportunities to help get me there,” Hoisington said. “The Army has taught me how to drag my focus out of the closet when I need it, put it on a task and keep it there until it’s done. The Army has given me quite a lot.”

Gaining perspective

The NCOs said they had limited knowledge about Army research, development and engineering efforts before their assignments in RDECOM.

“Soldiers should be more involved in researching and fielding new equipment,” Carter said. “I was under the assumption that the Army contracted industry to get something made and field it. Now that I see there’s so much

work put in behind the systems.

“It’s good to see the Army is moving toward using Soldiers more so to make these things. During the war, we went away from that. Now we need to go back to where the Soldier is primarily involved in developing. In any day-to-day Army task, Soldiers need to be the ones involved.”

Claflin said he now understands the years of work by Army scientists and engineers to place new technology into the hands of Soldiers.

“Being part of RDECOM, I realized what it takes for someone to have an idea and the process it goes through to empower the Warfighter on the battlefield. It’s pretty mind-blowing. I realized what went behind everything. I used to get a new piece of equipment and wonder, ‘Who thought of this?’

“Knowing the back story behind that has been rewarding. When I return back to the regular Army, I can spread that to junior Soldiers and peers. If you have an idea, there is a process for that to be fielded,” Claflin said.

BY THE NUMB#RS

National Autism Awareness Month

April was National Autism Awareness Month. Learn more about Army services and provisions for special needs children and adults at www.myarmyonesource.com.

3,500,000+

Americans living with an autism spectrum disorder. Autism is the fastest growing developmental disorder in the U.S.

60,000

Dollars spent each year, on average, by a family living with autism. Treatment of autism spectrum disorders often involves a combination of medication and behavioral therapy.

100+

Number of genes or gene mutations identified as increasing the risk that a child will develop autism. Although no diagnostic test for autism exists, every child should be screened for developmental milestones during routine wellness visits.

25

Years that have passed since the Individuals with Disabilities Act was enacted, granting all children, including those with autism, access to ‘free and ‘appropriate’ education funded by the government, in a mainstream or special education classroom.

15

Percentage of autism cases in which a specific genetic cause can be identified. Most cases of autism involve a complex and variable combination of genetic risk and environmental factors that influence early brain development.

By **STACY SMITH** *APG News*

Sources: www.autism-society.org, www.autismspeaks.org

MARK YOUR CALENDAR

events&town halls

THURSDAY MAY 7

NATIONAL DAY OF PRAYER

The Protestant Service and the Protestant Women of the Chapel will host a special service to join the nation in prayer during National Day of Prayer.

The service will start at 11:45 a.m. at the APG North (Aberdeen) chapel

For more information, call 410-278-4333 and ask for PWOC President Serenity Coates.

FRIDAY MAY 8

MILITARY SPOUSE APPRECIATION DAY

To honor Team APG military spouses, Family and Morale, Welfare and Recreation will offer the following events:

- Army Community Service Open House – 9:30 to 10:30 a.m., Bldg. 2503. Stop by to meet program managers and tour the facility. Light refreshments will be served.
- Spouses Tea at Top of the Bay – 11:30 a.m. to 1 p.m. Assorted teas and lunch will be served, and the event will include presentation of the History of the Fan.
- Group Golf Lesson at Ruggles Driving Range – 2 p.m. The lesson will be provided by Ruggles PGA Pro. No previous golf experience is required. Clubs and golf balls will be provided. Wear comfortable clothing.

Events are open to all current, retired and surviving spouses. Those wishing to participate should RSVP by May 5 to Linda Edwards at linda.m.edwards.naf@mail.mil or call 410-278-2500.

SATURDAY MAY 9

MILITARY RETIREE APPRECIATION DAY

The APG Military Retiree Appreciation Day takes place 8 a.m., Saturday, May 9, at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street. Maryland State Senator Robert G. (Bob) Cassilly is the guest speaker and APG Senior Leader Maj. Gen. Bruce T. Crawford is slated to give remarks.

The event includes more than 35 vendors providing interactions with local, state and national veteran service and health organizations like the Veterans Administration; post support activities; and health screenings and vaccinations. A panel question-and-answer session will be held with representatives from Kirk U.S. Army Health Clinic, Corvias Military Housing, the Dental Clinic, the Army and Air Force Exchange Service, Post Commissary, the Office of the Staff Judge Advocate, Directorate of Family and Morale, Welfare and Recreation, and others.

In addition, the installation ID card office at Bldg. 4305 will be open to retirees 8:30 to 11 a.m.

The First Sergeant Grill will provide lunch for a nominal fee (cash only) after the program.

For more information, contact Tom Shumate, co-chair, APG Retiree Council at 410-306-2303, thomas.s.shumate2.civ@mail.mil; or Betty Willard, retirement services officer, at 410-306-2322, betty.a.willard.ctr@mail.mil or visit <http://apgre-tiree.com/>.

MAY 9-14

APG ARMED FORCES WEEK EVENTS

Several events are scheduled for Military Appreciation Month and Armed Forces Week from May 9-14.

- May 9: Military Retiree Appreciation Day, 8 a.m., APG Recreation Center. For more information, call Tom Shumate at 410-306-2303.
- May 11: Golf Tournament, 7 a.m., Ruggles Golf Course. For more information, call Rick Bond at 410-278-4794.
- May 12: All APG Soldiers Armed Forces Run, 6:15 a.m. For more information, call Sgt. 1st Class Scalies at 410-861-7069.
- May 13: Gold Star Breakfast, 8 a.m., Main Post Chapel.
- May 13: Armed Forces Displays, Future Soldier Recognition, Demonstration, APG North (Aberdeen) recreation center.
- May 14: Harford County Chamber of Commerce Military Appreciation Luncheon, 11 a.m., Richlin Ballroom, Abingdon, MD. Registration Required. For more information, call Vanessa Milio at 410-838-2020.

WEDNESDAY MAY 13

BIKE TO WORK DAY – APG NORTH

The APG community is invited to take part in the annual Bike to Work Day ride on APG North (Aberdeen). The Bike to Work Day Rally will be held 7 to 9 a.m. at the APG North recreation center, followed by a cyclist parade, giveaways, on-the-go refreshments, bike tune ups, vendors and chances to win prizes.

Take the bike ride to the next level by signing up for the Team Cycle Challenge. Commands on APG North are challenged to see who can get the most employees to commit to Bike to Work May 13. Teams must be registered by May 11.

Everyone who registers will be eligible to win a Trek Lync 3 bike. Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646.

TUESDAY MAY 19

SENIOR SERVICE COLLEGE FELLOWSHIP GRADUATION

The Defense Acquisition University - Senior Service College Fellowship Program announces the graduation ceremony for the class of 2014-2015.

The ceremony will take place at 11 a.m. in the Mallette Hall Auditorium, Bldg. 6008. The graduation ceremony marks the culmination of ten months of full-time, rigorous study focused on developing acquisition and leadership attributes. A short reception will follow.

Please RSVP by Thursday, May 14 to Ben Metcalfe at Benjamin.Metcalfe@dau.mil or 410-272-9471.

WEDNESDAY MAY 22

BIKE TO WORK DAY – APG SOUTH

The APG community is invited to take part in the annual Bike to Work Day ride on APG South (Edgewood). The Bike to Work Day Rally will be held 7 to 9 a.m. at the FFCU parking lot, 5502 Hoadley Road, and will be followed by a cyclist parade, giveaways, on-the-go refreshments, bike tune ups, vendors and chances to win prizes.

Take the bike ride to the next level by signing up for the Team Cycle Challenge. Commands on APG South are challenged to see who can get the most employees to commit to Bike to Work May 22. Teams must be registered prior to the event.

Everyone who registers will be eligible to win a Trek Lync 3 bike. Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646. Visit www.harfordcountymd.gov/commuter for the registration forms and for more information, or contact Alan Doran at rideshare@harfordcountymd.gov or 1-800-924-8646.

TUESDAY JUNE 16

2015 SOLDIER SHOW

Save the date – the 2015 U.S. Army Soldier Show Tour will stop at APG June 16 at 7 p.m.

The Soldier Show is a live Broadway-style variety performance featuring the Army's best talent. It's singing, it's dancing and it's amazing! Each year, Army Entertainment brings together a talented troupe of performers who are selected through a rigorous audition process.

This year's production, "We Serve" explores the foundational elements of what it means to serve, in and out of uniform, as well as how our country in return serves them.

meetings&conferences

THURSDAY MAY 7

WOMEN IN DEFENSE LEADERSHIP SYMPOSIUM

The Women in Defense Mid-Atlantic Chapter will host the 3rd annual Real Women, Real Work, Real World 2015 Leadership Symposium at Water's Edge Event Center in Belcamp, Maryland from 8 a.m. to 5 p.m.

The symposium will include an executive panel discussion, an interactive LeanIN workshop and a series of professional workshops.

This year's theme is "Building Success Through Education, Mentorship and Networks," and Lt. Gen. Michael E. Williamson, principal military deputy to the Assistant Secretary of the Army for Acquisition, Logistics and Technology (ASA(ALT)) and director of acquisition career management, will serve as keynote speaker.

The symposium will bring together leaders and educators from the DOD, industry and academia. DAU continuous learning points (CLPs) may be applicable.

Seating is limited. To register, visit <http://conta.cc/1HXgo1s> or email rsvpwid@gmail.com. For more information, visit www.widmidatlanticchapter.org.

TUESDAY MAY 12

CREATING A SOLID SPENDING PLAN

The C4ISR Wellness Committee will host the Creating a Solid Spending Plan informational session 11:30 a.m. to 12:30 p.m., in Bldg. 6001, room 224.

The instructor will provide step-by-step details on drawing a financial blueprint for action. Participants will create a personal action plan, learn how to save money, and gain a better understanding of how to track where their money goes. The session is open to DA civilians, contractors, and military.

For more information, or to request a VTC access dial-in number and code, contact Tiffany Grimes, CECOM G-1, at 443-861-7901, tiffany.l.grimes.civ@mail.mil. For sign language interpreters or other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by April 29.

MONDAY JUNE 1

VETERANS BENEFITS SEMINAR

The Veterans Affairs Maryland Health Care System (VAMHCS) will host an Enrollment, Eligibility and Veterans Benefits Seminar, 9 a.m. to 12:15 p.m., at the Baltimore VA Medical Center, 10 N. Greene Street, Baltimore, Maryland 21201.

This free program is designed to provide an overview of VA programs and services for community health care providers, social workers and counselors. Personnel working with active component service members who are transitioning to veteran status as well as VA counselors and Veteran Service Organizations are encouraged to attend.

VA representatives will provide information about VA health care eligibility and enrollment, and an overview of VA primary, mental health and long-term care. In addition, representatives will talk about VA health care services in the community and VA compensation benefits. After the seminar, participants can visit resource tables and displays for additional information about VA programs and services available to veterans.

Registration will be held 8:30 a.m. on the second floor of the Baltimore VAMC. Parking is available for a fee at nearby parking garages.

For more information about the Enrollment, Eligibility and Veterans Benefits Seminar, contact the VAMHCS Community Outreach office at 1-800-949-1003, EXT 6071, or register online at www.chepinc.org/upcoming_events and click on: 06/01/2015 VA Health Care Enrollment, Eligibility & Veterans Benefits Seminar.

health&resiliency

THURSDAY MAY 7

BLOOD PRESSURE/STROKE INFO SESSION

The C4ISR Wellness Committee will host a High Blood Pressure/Stroke Info Session followed by a Zumba demonstration 11:30 a.m. to 12:30 p.m. at the Myer Auditorium, Bldg. 6000. This event is open to APG Soldiers, civilians, contractors and family members.

This event is VTC accessible. Contact the G1 POC, Tiffany Grimes for a VTC dial-in number and code.

For sign language interpreters and other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by April 23.

For more information, contact Tiffany Grimes at 443-861-7901, tiffany.l.grimes.civ@mail.mil.

TUESDAY MAY 19

MENTAL HEALTH INFO SESSION

The C4ISR Wellness Committee will host a Mental Health Awareness informational session 11:30 a.m. to 12:30 p.m. in Bldg. 6001, room 224. The session will identify risk factors, symptoms, and warning signs of mental illness and its stages, address confronting early symptoms and removing negative stigmas.

The session is open to DA civilians, contractors, and military. For sign language interpreters or other disability-related accommodations, contact the CECOM EEO Office at 443-861-4355 by May 5.

For more information, or to request VTC access dial-in number and code, contact Tiffany Grimes, CECOM G-1, at 443-861-7901, tiffany.l.grimes.civ@mail.mil

SUNDAY MAY 24

MD CENTER FOR VETERANS EDUCATION AND TRAINING 20TH ANNUAL 5K/10K RACE

The Maryland Center for Veterans Education and Training, Inc., (MCVET) will host the 20th Annual 5K/10K Races starting 7:30 a.m. (5K) and 8:30 a.m. (10K) at the Baltimore War Memorial Plaza, 500 E Fayette Street, Baltimore, MD 21202.

For the 5K, pre-registration is \$25; race day registration is \$30. For the 10 K, pre-registration is \$30; race day registration is \$35.

All proceeds benefits the MCVET mission to provide homeless veterans with comprehensive services to enable them to rejoin their communities as productive citizens.

To register, go to www.mcvet.org or www.charmcityrun.com.

For more information, contact MCVET race director Roseline Taylor at 410-576-9626, Ext. 253 or info@mcvet.org or www.facebook.com/MCVET.Baltimore

WEDNESDAY MAY 27

STRONG BONDS MARRIAGE RETREAT

A one-day Strong Bonds Marriage Retreat will take place at the Vandiver Inn, 301 South

MORE ONLINE

More events can be seen at www.TeamAPG.com

Union Avenue in Havre de Grace from 8:35 a.m. to 3:30 p.m.

Meals and child care will be provided.

For more information, contact the APG main post chapel at 410-278-4333.

ONGOING

ARMY WELLNESS CENTER AT APG SOUTH CLINIC

The Army Wellness Center is seeing clients at the APG South (Edgewood) clinic, Bldg. E4110. Clients can have metabolism and body composition assessments and other services without having to drive to APG North (Aberdeen). Service members and their family members, retirees and Army civilians can make an appointment through the APG North AWC, or be referred by their unit or primary health care provider at Kirk U.S. Army Health Clinic. Upcoming APG South AWC dates are:

- May 15, 20, and 28
- June 11, 16, 26, and 30

For more information, or to schedule an appointment call 410-306-1024.

THROUGH 2015

2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

May 20 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

June 17 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

July 15 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Aug. 19 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Sep. 16 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Oct. 21 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

Nov. 18 – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.

Dec 16 – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

miscellaneous

FRIDAY MAY 1

2015 VETERANS SUMMER SPORTS CLINIC APPLICATION DEADLINE

The Department of Veterans Affairs (VA) is accepting applications from veterans interested in participating in the 2015 National Veterans Summer Sports Clinic.

The 2015 National Veterans Summer Sports Clinic will be held Sept. 13-18 at the VA San Diego Healthcare System in San Diego, California. The annual event is expected to attract veterans from all over the country who have sustained a variety of injuries ranging from traumatic brain injury and polytrauma, to spinal cord injury or loss of limb.

The National Veterans Summer Sports Clinic represents VA's continued commitment to offer adaptive sports and recreation therapy as an integral part of a successful rehabilitation program.

The deadline to apply for the 2015 National Veterans Summer Sports Clinic is May 1. For more information or for an application, visit <http://www.summersportsclinic.va.gov>.

THROUGH 2015

MOTORCYCLE SAFETY COURSES

Training schedules have been set for the 2015 Local Hazards Course and Intermediate Driver's Course. Training will be held in Bldg. 4305 Susquehanna Avenue, room 243A. Attendees must register online at AIRS through the www.TeamAPG.com web site at <https://apps.imcom.army.mil/airs/>.

Local Hazards Course:

This is a 30-minute course is for personnel who are new to APG. It is a mandatory course for all APG service members, family members, DOD civilians, and contractors who are licensed motorcycle drivers. Those on temporary duty (TDY) at APG for more than 30 day also are required to take the course. Additional classes will be added as needed.

Course time: 7:30 to 8 a.m. and 8:15 to 8:45 a.m.

Course dates: May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12; and Dec. 10.

Intermediate Driver's Course:

This two-and-one-half hour course builds on themes introduced during the Introductory Course 1 taken during basic and advanced individual training. This course is mandatory for service members age 26 and younger and may be used to satisfy the remedial defensive driving course. Additional classes will be added as needed.

Course time: 9 to 11:30 a.m.

Course dates: May 21; June 18; July 9; Aug. 13; Sept. 17; Oct. 8; Nov. 12 and Dec. 10

For more information, contact H. Mike Allen at the Installation Safety Office at 410-306-1081 or horace.m.allen.civ@mail.mil.

CONSTRUCTION UPDATE

OTTO ROAD ON APG SOUTH

Construction on Otto Road APG South (Edgewood) began Wednesday, April 29 for milling, paving and repairs. The construction is scheduled to last between three and four days, depending on weather conditions.

During the construction, the road will remain open with flaggers to allow traffic on the road during this work. All drivers are encouraged to use other routes when possible to avoid any inconveniences.

Drug take-back yields 150+ pounds of meds

Story and photo by
RACHEL PONDER
APG News

More than 170 pounds of unwanted, unused and expired prescription drugs and over-the-counter medications were turned in by APG community members April 18-24, during the biannual drug-take back campaign co-sponsored by the Army Substance Abuse Program and the Directorate of Emergency Services.

This event coincided with National Prescription Drug Take-Back Day, April 26, and marked the 11th time ASAP and DES have co-sponsored a drug take-back campaign on post.

ASAP Prevention Coordinator Cindy Scott said the purpose of the take-back campaign is to provide the public with an opportunity to prevent abuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription and over-the-counter drugs.

“We are making the APG community more aware and safer by collecting prescription drugs and over-the-counter medications and ensuring that they are safely disposed of,” she said.

Scott said if drugs are not disposed of properly, they can become an environmental issue.

ASAP and DES kicked off the campaign during the Month of the Military Child Color Fun Run and community festival on April 18. During the week, one-time drop-off events were held at the post theater, the Mallette Hall Mission Training Facility, the APG South (Edgewood) Express and the U.S. Army Test



APG community members turned in unused and expired prescription drugs and over-the-counter medications during a one-time drop-off event co-sponsored by the Army Substance Abuse Program and the Directorate of Emergency Services at the Mallette Hall Mission Training Facility April 21.

and Evaluation Command headquarters.

In addition to the one-time drop-off events, community members had the option of dropping their medications off at post police stations throughout the week.

“Having this event on post is very convenient,” said Pearl Oslick, with the U.S. Army Communications-Electronics

Command, as she turned in her medications. “It’s one less errand to run on the weekend.”

Scott recommends that people safely store medications, out of reach and out of site.

“With all medications, and especially narcotics, it is very important we try to safeguard them as much as possible,”

Scott said. “We also need to teach our children from a young age that medicine is a drug.”

According to the Centers for Disease Control and Prevention, the U.S. is in the midst of a prescription painkiller overdose epidemic. Every day, 44 people die from overdose of prescription painkillers, and many more become addicted.

For those who missed the drug take-back events on post, Harford County now has six permanent locations for safe drug disposal of unwanted, unneeded and expired prescription and OTC medicines. These boxes give residents 24-hour access to dump unused medication, with no questions asked.

Permanent drug-take back locations include:

- Aberdeen Police Department, 60 N. Parke St, Aberdeen;
- Maryland State Police Bel Air Barrack D, 1401 Belair Road, Bel Air;
- Harford County Sheriff’s Office, 45 S. Main Street, Bel Air;
- HCSO Southern Precinct, 1305 Pulaski Highway, Edgewood;
- HCSO Northern Precinct, 3724 Norrisville Road, Jarrettsville; and
- Havre de Grace Police Department, 715 Pennington Avenue, Havre de Grace.

For more information, contact Scott at 410-278-4013 or cynthia.m.scott4.civ@army.mil. To learn more about how to dispose of medicines properly, visit <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>.

Veterans Affairs expands Choice Program eligibility

Department of Veterans Affairs

In order to expand eligibility for the Veterans Choice Program, the Department of Veterans Affairs (VA) announced April 24 that it will determine eligibility for the Veterans Choice Program based on the distance between a veteran’s place of residence and the nearest VA medical facility using driving distance rather than straight-line distance.

The Veterans Choice Program gives veterans the option to receive non-VA health care rather than waiting for a VA appointment or traveling to a VA facility. This eligibility change is effective immediately.

“VA is pleased to announce the distance calculation change from straight-line to driving distance for the Veterans Choice Program,” said Secretary Robert

Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit www.maryland.va.gov. To suggest veteran-related topics for the Veterans Corner series, email amanda.r.rominiecki.civ@mail.mil.

McDonald.

“This update to the program will allow more veterans to access care when and where they want it. We look forward to continued dialogue with veterans and

our partners to help us ensure continued improvements for veterans to access care,” he said.

The change from straight-line to driving distance roughly doubles the number

of eligible veterans. Letters are being sent to the newly eligible veterans to let them know they are now eligible for the Veterans Choice Program under this expansion.

If a veteran does not remember receiving a Veterans Choice Card or has other questions about the Choice Program, they should call 866-606-8198.

Effective immediately, the VA is also changing the mileage calculation for beneficiary travel. The change will ensure consistency in VA’s mileage calculations across the two programs. The beneficiary travel calculation will now be made using the fastest route instead of the shortest route.

For more details about the department’s progress and related information, see www.va.gov/opa/choiceact/factsheets_and_details.asp.



Learning not to ‘burn’

A black lung and white splotch of cancerous cells on a Miss Lou “Wheeze” display – illustrating the ultimate result of cigarette smoking – draws the attention of, from left, Alexa Wagner, 8, and her mom April, an Army Evaluation Center civilian, and youngsters Bella Serabo, 12, and Lexi Serabo, 11, during a Health Awareness Month display for Bring Your Child to Work Day activities at the U.S. Army Test and Evaluation Command headquarters April 23.

“People love the display because it lets you see cancer at work,” said Greta Brand, a physical therapist and health education counselor who provided the display. “We can’t see cancer at work until it’s too late. This lets you see what smoking is doing to your body.”

April was Health Awareness Month. Read more about smoking cessation in upcoming issues of the “APG News.”

Photo Illustration by Yvonne Johnson



Have a great idea for a story?

Know about any interesting upcoming events?

Wish you saw more of your organization in the paper?

The APG News accepts story ideas and content you think the APG community should know about.

- Story ideas or content must be geared toward the greater APG community and cannot appear to endorse any private company.
- The deadline for content to appear in an upcoming issue of the APG News is the **Thursday PRIOR** to publication. The APG News cannot guarantee submissions received after the Thursday prior to publication will appear in the next issue of the paper.
- Send story ideas or pre-written content to amanda.r.rominiecki.civ@mail.mil or call 410-278-7274 for more information.
- Please note, the APG News editor reserves the right to (1) reject any content deemed inappropriate, irrelevant or against regulation, (2) delay the publication of submitted material if it is not timely and (3) edit or shorten content for space and style reasons without altering the meaning of the submission.



Photo by Stacy Smith

Freestate ChalleNGe cadets job shadow with DES firefighters

Freestate ChalleNGe Academy cadet Ryan Surgeon, 18, cuts the windshield glass of a scrap car during a job shadowing exercise at the APG South (Edgewood) firehouse April 13. APG emergency responders taught Surgeon and three other cadets how to handle rescue tools during a vehicle emergency. According to Fire Protection Inspector, William Bond, the cadets also received first aid and CPR training, and learned how to climb a fire ladder, tie basic rope knots, and conduct rope rigging in confined spaces. "A couple of [cadets] have already expressed an extreme interest in becoming either firefighters or paramedics," Bond said.

The job shadowing program, which is conducted biannually with firefighters in the Directorate of Emergency Services, gives cadets the opportunity to explore potential career interests. Cadets Christian Portillo, 17, Marquel Simpson, 18, and Javier Duran, 16 also participated.

Portillo said he would like to become a firefighter one day because "it just seems exciting, to go into houses and take out fires. I'd be saving a whole bunch of people."

Spring weather preparedness tips

Ready.gov

Spring showers and constantly changing temperatures can bring heavy rains, flooding, powerful storms and the potential for tornadoes.

It is important to know the dangers of flooding and tornadoes and how to best prepare for them.

FLOODS

Floods are one of the most common hazards in the United States. Flash floods can occur within a few minutes or hours of excessive rainfall or a dam or levee failure.

Overland flooding, the most common type of flooding event, typically occurs when waterways such as rivers or streams overflow their banks as a result of rainwater or a possible levee breach and cause flooding in surrounding areas. It can also occur when rainfall or snow-melt exceeds the capacity of underground pipes, or the capacity of streets and drains designed to carry flood water away from urban areas.

Be aware of flood hazards no matter where you live or work, but especially if you are in low-lying areas, near water, behind a levee or downstream from a dam. Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that appear harmless in dry weather can flood.

If a flood hits:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground, when water is not moving or not more than a few inches deep. You and the vehicle can be swept away quickly. If your vehicle is trapped in rapidly moving water, stay in the vehicle. If the water is rising inside the vehicle, seek refuge on the roof.
- Do not camp or park your vehicle along streams, rivers or creeks, particularly during threatening conditions.

TORNADOES

Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds.

A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour.

Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others.

Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may



become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible.

Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

Tornado danger signs:

- Dark, often greenish sky
- Large hail
- A large, dark, low-lying cloud (particularly if rotating)

- Loud roar, similar to a freight train.
 - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.
- Know the weather terms:**
- Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.
 - Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.
- If a tornado hits:**
- If you are inside – Go to a pre-designated area like a safe-room, storm cellar, basement or the lowest level of the building. If there is no basement, go to

Spring showers and quickly changing temperatures create ripe conditions for sudden flooding and violent tornadoes. Every state is at some risk for tornadoes and flooding is one of the most common hazards across the United States.

Take the necessary steps to prepare for a weather emergency in advance, and know what to do to protect yourself and your family should a flood or tornado strike your community.

Courtesy photos

the center of an interior room away from windows and doors.

- If you are in a portable home or building – Get out immediately. Go to a pre-determined location such as the first floor of a nearby sturdy building. Mobile homes, even if tied down, offer little protection.
- If you are outside – There is no research-based recommendation for what last-resort action to take. Do not get under an overpass or bridge. You are safer in a low, flat location. Do not try to outrun a tornado in a traffic-congested area. Watch out for flying debris.

For more spring weather safety information, visit www.ready.gov.



All Things Maryland

Patterson Park Pagoda

East Asia-inspired tower opened in 1892

By **AMANDA ROMINIECKI**
APG News

Atop a historical hill in Baltimore's oldest park is an East Asia-inspired pagoda. Seemingly out of place among green space, playgrounds and ponds, the Patterson Park Pagoda sits at the top of Hampstead Hill, the scene of a key moment during the War of 1812's Battle of Baltimore.

According to Baltimore City's Department of Recreation and Parks, Patterson Park traces its root to 1827 when William Patterson, a wealthy shipping merchant, donated six acres of land to the city. Further expansions over time created the 55-acre park footprint known today.

Taking just a year to complete, the pagoda was designed by Charles H. Latrobe and opened in 1892. It served as a nod to the city's fascination with the Orient and Patterson's link to silk trade at the Chinese port city of Canton. (That same Chinese city is the namesake of the popular nearby waterfront Baltimore neighborhood Canton.)

With countless windows and a spiral staircase winding up the center of the structure, the pagoda offers spectacular views from its three observation decks. From the top, one can see downtown, the Patapsco River, the Key Bridge and Fort McHenry – a view that certainly assisted armed Baltimoreans protecting their city during the War of 1812.

The structure was closed to the public in 1951 due to natural decay, vandalism and little maintenance since its construction.

Over the years, a series of partial renovations were attempted, according to The Friends of Patterson Park, the organization that now operate the pagoda. Demolition was suggested at one point, but the 1998 Master Plan for Patterson Park saved the pagoda and proposed a complete renovation.

By 2002 the pagoda reopened to the public and today serves as a landmark for the park and countless public events during the warmer months of the year. It is a popular location for new engaged couples to grab celebratory engagement photos.

The pagoda is operated, maintained and staffed by The Friends of Patterson Park and volunteers. It is open to the public every Sunday, noon to 6 p.m. from mid-April through mid-October.

Patterson Park offers a variety of family-friendly activities including tennis courts, pavilions, playgrounds, a pool and dog park. The park is located in south-eastern Baltimore City, between S. Patterson Park Avenue, E. Baltimore Street, Eastern Avenue and S. Linwood Avenue. It closes at dusk.

For more information about Patterson Park and the pagoda, visit www.pattersonpark.com.



The Patterson Park Pagoda, which opened in 1892, pays tribute to William Patterson, a wealthy merchant with ties to East Asian silk trade. Patterson donated land to establish Patterson Park in 1827.

Photo by Amanda Rominiecki

Slim-Down to name 'Biggest Losers' May 13

By **CAPT. JOANNA MOORE**
Kirk U.S. Army Health Clinic

In January, 17 different organizations and nearly 700 participants on APG North (Aberdeen) and APG South (Edgewood) formed teams to participate in the 12-week Installation Slim-Down Challenge.

Part of the Army Performance Triad initiative, the competition awards the team with the highest percentage of weight loss as a unit, as well as the individual with the highest percentage over all.

The challenge ended last week, and the results are in. Winners will be announced during the Slim-Down Challenge Finale, 12:30 p.m., Wednesday, May 13, during the Armed Forces Week Displays at the APG North recreation

center.

The leading weight-loss challenge participants at the eight-week mark of the competition are listed in the table to the right.

In addition to the individual leaders, ECBC was in the lead for the team competition with a group total weight loss of 2.69 percent and 173.3 pounds lost amongst the team of 32.

The drawing for the Slim-Down Boot Camp Challenge will also be announced during the Slim-Down Finale. Participants with boot camp punch cards should give them to their team captains. The Installation Slim-Down Challenge is sponsored by the Community Health Promotion Council, the APG Performance Triad and Kirk U.S. Army Health Clinic.

Slim-Down Challenge Biggest Losers, as of Week 8

Rank	Code Name	Unit	Weight loss (lbs)	Weight Loss (%)
1	TrimJ11	CECOM	31.2lbs	-12.3%
2	D.McCaskey	ECBC	29.4lbs	-11.1%
3	Boh	ECBC	18.2lbs	-9.0%
4	JP	ECBC	17.4lbs	-8.5%
5	TC	ATEC	20.4lbs	-8.3%
6	RK	ATEC	12.0lbs	-7.6%
7	Flanny	ECBC	10.8lbs	-7.4%
8	Peacock	MRICD	27.4lbs	-7.3%
9	Parameter	NEC	12.0lbs	-7.1%
10	Northern Gannet	MRICD	13.2lbs	-7.1%

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.



Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

Unusual or suspicious activity or suspected surveillance.
Unusual questions or requests for information relating to capabilities, limitations, or operational information.
Unusual vehicles operating in or around the Installation.
Unusual phone calls, messages, or e-mails.
Unusual contacts on or off post.
Unusual aerial activity near or around the Installation.
Any possible compromise of sensitive information.

Do Not

Discuss any aspect of military operations or planning.
Discuss military capabilities or limitations.
Discuss FP measures, capabilities, or posture.
Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.
APG North 410-306-2222
APG South 410-436-2222
Off post in Md. call 1-800-492-TIPS or 911
Your call may save lives!

MORALE, WELFARE & RECREATION



Upcoming Activities

LEISURE & TRAVEL BALTIMORE ORIOLES DISCOUNT TICKETS 2015 SEASON

The Leisure Travel Office is offering discount tickets to Baltimore Orioles games during the 2015 season at Oriole Park at Camden Yards in Baltimore. For pricing and availability, contact Leisure Travel Services at 410-278-4011/4907. Tickets can be purchased at the Leisure Travel Services Office at the APG North (Aberdeen) recreation center.

CHILD & YOUTH SERVICES SUMMER JOBS AT APG YOUTH CENTERS APPLY NOW

Summer Camp positions are available at the APG North (Aberdeen) and APG South (Edgewood) youth centers. The APG Youth Services Program is looking for child and youth program assistants to work with children during summer camp programs.

Applicants must be available to start training June 1. Hours of work include days, evenings, nights, weekends and some holidays. Work schedules may vary depending on the program offered. Salary is \$12.15 to \$14.89 per hours.

To apply, visit www.USAJOB.gov or stop by the Non-appropriated Fund Human Resources Office to complete an application. For more information, or directions, call 410-278-5126/0133/8992/8994.

SMART START BASEBALL REGISTRATION THROUGH MAY 8

Registration for the Aberdeen and Edgewood youth centers Start Smart Baseball is open through May 8. Get your child ready for baseball by enrolling them into this Parent/Child Program, and teach the basics to your child through skill stations that will progress each week.

The six-week program at the APG North (Aberdeen) youth center will be held every Monday, starting May 18. The six-week program at the APG South (Edgewood) youth center will be held every Wednesday, starting May 20. Both programs will run from 5:30 to 6:30 p.m. on their respective days of the week.

The program is open to boys and girls, ages 3 to 5-years-old. The cost is \$20 per child. For more information, contact william.m.kegley3.naf@mail.mil or call 410-306-2297.

BABYSITTING COURSE JUNE 29 – JULY 1 JULY 21 – 23

APG Child, Youth and School Services,

in partnership with 4-H, will offer a class to familiarize participants with all the responsibilities of babysitting as well as becoming certified in CPR/First Aid. Students will receive a certificate of completion of the course as well as their CPR/First Aid cards.

The course is two days in length, 9 a.m. to 3 p.m. each day. It will be held at Bldg. 2503, Highpoint Road, in the second floor conference room. This free course is open to youth ages 13 to 18. Registration is required.

For more information, or to register, contact Shirelle Womack at 410-278-4589.

SKIES VOLUNTEERS NEEDED THROUGH AUGUST 1

APG CYSS is looking for qualified volunteers to provide classes for children and youth ages 2-15. We are currently seeking Art and Cooking instructors for the summer. CYSS offers a free training program to instructors suitable to use for future employment. A background clearance is required.

SKIES will work with instructors to assist in days and times which are most convenient for the instructor as much as possible.

For more information, contact SKIES Director, Shirelle Womack at shirelle.j.womack.naf@mail.mil or at 410-278-4589.

SPORTS & RECREATION LEARN TO SWIM PROGRAM REGISTRATION OPENS MAY 12

Registration for the 2015 Summer Learn to Swim Program, with classes for youth levels 1-5, parents and toddlers, and adults, will open May 12. Classes will be offered starting in June at the APG North (Aberdeen) Olympic Pool and at the APG South (Edgewood) Bayside Pool.

Class size is limited to 20 people, and classes fill quickly. For more information and to register, contact Outdoor Recreation at 410-278-4124/5789 or usag-mwr.outdoorrec@mail.mil.

HOME RUN DERBY MAY 13

Earn bragging rights as the best Slugger on APG at a Home Run Derby held at Shine Sports field May 13 at 5 p.m. Each contestant must pay a \$5 participation fee. For more information, call 410-278-7933 or 410-436-3375.

MILES FOR MAY FITNESS MONTH THROUGH END OF MAY

Open to all eligible MWR patrons, Staff and participants will track the miles they walk during the month of May. At the end of the competition certificates and medals

will be awarded to the top three men and top three women. Call the Athletic Center at 410-278-7933/7934, Hoyle Gym at 410-436-3375, or the Fitness Center at 410-278-9725 for more information.

APG BOWLING CENTER SINGLES TOURNAMENT MAY 16

The APG Bowling Center will host a Singles Tournament May 16. All bowlers must supply a current USBC league average upon arrival.

For more information, contact Richard Burdette at 410-278-4041 or richard.g.burdette2.naf@mail.mil.

KAYAK CLASSES MAY-JUNE

APG Outdoor Recreation will host two-day kayak classes on the following dates:

- May 14 & 15
- May 28 & 29
- June 4 & 5
- June 11 & 12
- June 29 & 30

The first day of each session is instruction, the second day is an excursion. The two-day class is \$50 per person. Class begins at the APG Outdoor Recreation Center, Bldg. 2184, at 6 p.m. and ends at dusk.

For more information, or to register, contact the Outdoor Rec. Office at 410-278-4124.

2015 SWIMMING POOL PASSES

MWR pools open Memorial Day weekend. Get ready for summer now and purchase your summer pool passes.

Pool passes are on sale now at the Outdoor Recreation Center, Bldg. 2184, and the Leisure Travel offices at APG North (Aberdeen) and APG South (Edgewood) recreation centers.

Passes can also be purchases at the Bayside Pool on APG South or the Olympic Pool on APG North during operating hours, starting Saturday, May 23.

Pool pass prices:

- 30-day Individual Pass - \$35
- 30-day Family Pass - \$70
- Season Individual Pass - \$85
- Season Family Pass - \$175

Passes are valid May 23 to Sept. 7, 2015.

Active duty service members and their families swim free.

For more information, call 410-278-4124/5789 or email usag-mwr-outdoor-rec@mail.mil.

EQUIPMENT RENTALS ONGOING

The MWR Outdoor Recreation Office offers countless items for rent to make a summer barbeque or party complete, including barbecue grills, bounce houses, canopies, coolers, kayaks, yard games and

camping gear. Visit www.apgmwr.com for price list. Call 410-278-4124/5789 for more information.

GET GOLF READY ONGOING

Take part in this five-week course to learn the game of golf for only \$99 for the entire session.

Space is limited. Call the golf shop for dates and times at 410-278-4794.

SPRING GOLF PRO SHOP SALE WHILE SUPPLIES LAST

All 2014 items at the Ruggles Golf Course Pro Shop will be sold at cost. Take advantage of this sale with huge savings on balls, gloves and sportswear. Ruggles is open 7 a.m. to dusk, seven days a week.

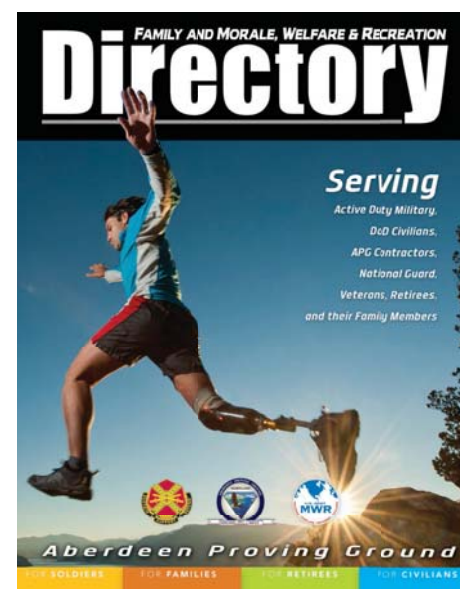
ARMY COMMUNITY SERVICE CREATING A SOLID SPENDING PLAN

Make plans to attend this free class to learn how to balance your finances. This information can help you stay disciplined and organized financially, which is the first step to knowing your overall financial health. In this easy to follow one-hour class, whether employed or unemployed, you will get the information you need to create and maintain your personal financial goals.


Class will be held the following dates from 11:30 a.m. to 12:30 p.m. at Army Community Service, Bldg. 2503:

- Wednesday, June 17
- Wednesday, Sept. 9
- Wednesday, Nov. 18

Registration is required. To reserve a seat call ACS 410-278-9669/7572.



Learn more about APG MWR activities and services by going online at www.apgmwr.com and downloading the FMWR Directory.



MAY 13


Entry Fee: \$5 per person
Fees are due prior to the start of event.

Aberdeen North 5PM
SHINE SPORTS FIELD

Fees can be paid at the Leisure Travel Office in both APG North and South.

APGMWR
Intramural Sports Program

For more information please contact:
APG ATHLETIC CENTER
at 410-278-7933
410-436-3375 / 7934
or email us at
Usarmy.APG.imcom-fmwrc.list.usag-mwr-sports@mail.mil




APG MWR Softball Leagues

Elite - looking for competition in every game
General - want to compete at a less challenging level
Non-competitive - for teams just looking for stress release and to have fun

Begins May 18
Game Times are 6:30, 7:30 and 8:30 p.m.
\$250 per team
Active Duty teams (no civ members) play for free

Registration Deadline: May 8
Application, league fees, and rosters due at registration
Rules Clinic: Tuesday May 12, 5:30 p.m., AA Recreation Center

For more info contact 410-278-7933/436-3375
usarmy.APG.imcom-fmwrc.list.usag-mwr-sports@mail.mil



Improv troupe proves impossibly funny

Story and photos by
YVONNE JOHNSON
APG News

For most who attended the Mission IMPROVable comedy show at the APG North (Aberdeen) recreation center April 23, it was a mission impossible not to laugh out loud.

A series of improvised comedy skits performed by the four-man troupe of stand-up comics made for a delightful evening, according to most attendees.

The Mission IMPROVable show features a unique blend of audience interactions and comic performances. The players included Sherman Edwards, Matt Garard, Kevin Branick and Mike Keeney.

The act consists of an unknown element – input from audience members – which the players must act upon. The resulting spontaneity is inclusive for the participating audience, making it refreshingly funny.

Small wonder why “Campus Activities Magazine” voted the act “Entertainer of the Year” in 2013 and “Comedy Act of the Year” in 2014.

“The take-away is that life is fun and you can make fun out of a lot of situations,” said Garard. “That’s pretty much what we’re all about.”

Audience members agreed. “I loved the show,” said Catherine Abiera-Lumbres, a military spouse, who participated in one of the skits. “I follow MWR on Facebook so we were looking forward to the show. I love improv.”

“I absolutely loved it,” said Doug Howle, an ARL employee who was offered as a “prize hug” by the comics during one skit. He said it was his first time watching improv. While he was surprised by the hug, it was “great fun.”

“You just kind of go with the flow,” he said. “I’d definitely come back for another show.”

Military spouse Sadia Hightower was part of a skit that required her to “think fast” when responding to questions from the comics. She said she was surprised to get laughs from her responses.

“The answers just popped in my head,” she laughed. “It was my first look at improv and I thought it was a great show.”

For more MWR-sponsored events, check www.apgmwr.com.



(Clockwise from top) Jean Flores, left, helps Mission IMPROVable comics Sherman Edwards, back, and Mike Keeney, right, place clothespins on Matt Garard at the end of one of one of the group’s skits during their April 23 show at the APG North (Aberdeen) recreation center; Mission IMPROVable comics Kevin Branick, left, and Mike Keeney, right, act out a hilarious game of charades in a “foreign and unknown language,” with hints furnished by the audience; Comic Sherman Edwards - also known as Agent Pepperjack – stirs up the audience for the next skit.

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

Adair, Jennifer	Gaddis, Lonnie	Robinson, Jennifer
Alba, Audrey	Gilley, Christopher M	Saenz, Diana
Bailey, Vicki E.	Johnson, Douglas W.	Sauer, Dawn
Beach, Sarah Lynn	Jones, Desiree	Solomon, Je’Neane
Benysek, Lee	Leonguerrero, Louise	Thurman, Terry L.
Budzinski, David	Mason, Jeremy L.	Trulli, Wayne R.
Calahan, Jane E.	McCauley, Adrienne	Webb, Monica C.
Clark, Lyra	Morrow, Patricia D.	Zarrillo, Rebecca Lee
Decker, Kathleen M.	Mughal, Mohamed R.	
Dissek, Michael J.	Palm, Natalie	
Donlon, Jacqueline	Pettitway, Mary	

MORE ONLINE

Come and follow us for news and events going on at and around the U.S.



Army Garrison Aberdeen Proving Ground, visit the garrison twitter site <http://twitter.com/USAGAPG>



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BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

#strongBANDS
www.armymwr.com/strongbands

- 1 Attend featured health and fitness events in May
- 2 Wear your Strong B.A.N.D.S. wristband to show your commitment to a healthy lifestyle
- 3 Visit armymwr.com/strongbands for fitness tips and exercises



APGMWR
Fitness Month

TENNIS Tournament

May 4-29 5-7PM
APG Tennis Courts

Registration Deadline: May 1

Categories: (Male and Female)
Singles
Doubles (men’s, women’s and mixed)

Age brackets: 18-25, 26-32, 33-39 and over 40

Participants may sign up for a max of two categories

For more information contact
Athletic Center at 410-278-7933
Hoyle Gym at 410-436-3375
usarmy.apg.imcom-fmwrc.list.usag-mwr-sports@mail.mil
www.apgmwr.com



Women in STEM: ATEC leader retires

By **SANDY GIBSON**
ATEC

In an effort to inspire, empower and motivate the next generation of leaders, the U.S. Army Test and Evaluation Command shares the stories of its extraordinary women leaders, military and civilian, who achieved career success despite obstacles in their path and challenges to overcome.

Although women have made significant advances in the workplace and major gains in equal pay and career opportunities, women still hold only four percent of chief executive officer positions in America. Making it to the corner office takes more than a lucky break – it takes skill, commitment and determination.

One woman who made it to the corner office, and joined the small percentage of women who do, is Cindy Sheppard, former chief information officer and information management director at ATEC.

Sheppard retired from civilian service April 3 after a distinguished 35-year career. Her path to leadership involved obstacles and triumphs; but through it all she remained resilient and focused on her goals. She learned valuable lessons about what it takes to get to the top – even if starting at the bottom without a college degree.

Born and raised in Waynesboro, a small town in Pennsylvania, Sheppard’s origins are humble ones. She grew up in a household with not much money as one of six children. She quickly learned to look out for herself and knew if she wanted something, she would have to work hard to earn it.

From a young age, Sheppard was expected to help her mother with the household chores. At age 12, she started babysitting, and by 16, she was working as a waitress. Sheppard said she didn’t appreciate it at the time, but she credits her mother for instilling the work ethic that has benefitted her throughout her personal and professional life.

In high school, a guidance counselor told Sheppard she was wasting her time taking college preparatory courses when her family couldn’t afford college. She was advised to focus on earning a living instead and was transferred into typing and shorthand classes. To this day, Sheppard said she isn’t sure if he hurt her or helped her.

Sheppard took the civil service exam and scored well enough to land a job immediately upon graduation. Less than a week after her graduation in 1973, Sheppard was working for the Department of Transportation in Washington, D.C. as a clerk typist.



Photo by Lindsey Monger

ATEC Command General Maj. Gen. Peter D. Utley awards Cindy Sheppard, ATEC’s information management director and chief information officer, the Meritorious Civilian Service Award during her retirement ceremony on APG, April 3. Sheppard retired after 35 years of civilian service. The Meritorious Civilian Service Award is the second highest Department of the Army honorary award.

While in high school, Sheppard said she dreamed of going to college to become a social worker and later, joining the Peace Corps. She had not, however, considered what the requirements were. Growing up, she said she didn’t have anyone in her family to tell her how to get where she wanted to go. Sheppard is the first person in her family to attend college.

After only four months in the typing pool, Sheppard moved back home and found work as a secretary with a local manufacturing company. After a year, she moved to George Air Force Base, California with an uncle. While working at George, she inched her way up from a GS-2 clerk typist to a GS-5 secretarial position. After two years, she returned home and took a secretarial job at Fort Ritchie, Maryland.

While at Fort Ritchie, Sheppard recalls watching the type of work being performed by senior action officers in her office and thinking to herself, “I can do that.” But even though she knew she was capable of handling more responsibility, she soon learned there wasn’t much farther she could go without a college education.

Sheppard began taking college courses after work. For the next seven years she worked full-time by day and attended school full-time at night. By 1984 she had earned a bachelor’s degree in computer science from Troy State University. Sheppard went on to earn a master’s degree in information management from the Uni-

versity of Central Texas, and a master’s in strategic studies from the Army War College.

Looking back, Sheppard believes she would have never made it to where she is had she not gone back to school. Later on in her career she said she recognized how important planning, prioritizing and setting professional goals were to achieving career success. When people don’t make a decision to take action, she said they are essentially making a decision to stay exactly where they are and to continue doing what they have been doing.

“Always put forth the extra effort needed to do a great job instead of settling for a good job,” Sheppard said. “Work above your pay grade – work to the grade you want to achieve.”

Throughout her career, Sheppard watched and learned from the different leadership styles of senior leaders in her organizations. She credits the examples of both the good and the bad leaders for shaping her into the leader she became.

“I admire leaders who take the high road, lead by example and have the personal courage to do the right thing even when the right thing is not popular,” Sheppard said. She added that bad leaders taught her the things she never wanted to be caught doing, as well as how she never wanted to treat her employees.

According to Sheppard, it’s important to have outstanding leaders to learn from as well as mentors to help guide and nudge you in the right direction.

Although she said she never had an “official mentor,” along the way she said she received help and guidance from exceptional senior leaders who she’s grateful to for taking an interest in her career development.

During her retirement ceremony on April 3, Sheppard was awarded the Meritorious Civilian Service Award by ATEC Commanding General, Maj. Gen. Peter D. Utley, who presided over the ceremony. Utley praised Sheppard for her innovation, her energy and her commitment to excellence.

“Cindy is the consummate professional and the ultimate team-focused director,” Utley said. “A leader who is committed to Soldiers and civilians, committed to our Army, and committed to our Nation.”

Utley thanked Sheppard for the work she had done and the challenges she had conquered.

During her retirement speech, Sheppard told the story of a photograph given to her by Paul Treat, her former boss and G5 director, when she left G5 for the G6 director’s position.

It was a Norman Rockwell photo of a child kneeling on a high-diver, peering down at the water. Sheppard says it was evident from the look on the child’s face he was scared about jumping.

For Sheppard, the photo spoke to her the moment she saw it and occupied a special place in her office during her three years as director. Over the years, she said it served to remind her she could easily have been that same child the day she was offered the director’s job.

Sheppard recalls calling her mother afterwards and telling her, “The good news is I got the job! The bad news is I got the job!”

After she had been in the position for a few years, Treat told her to do something she considered odd. He told her to open the photo frame and look at the back of the picture.

Sheppard said on the back was a picture almost identical to the one on front – it had the same scene with the same diving board – but in this picture, the frightened child was no longer there.

It made her think, “Did the child chicken out and go back down the steps, or did the child jump?”

When she announced her retirement, she flipped the photo to the picture on back and hung it back on her wall.

“I left the picture hanging on my wall with the empty diving board to symbolize I was that child three years ago,” Sheppard said. “I took the plunge into the pool and now I am swimming away to go play with my friends!”

PEO C3T chief advisor retires after 33 years

By **CLAIRE HEININGER**
PEO C3T

With laughter, tears and an outpouring of thanks for fellow pioneers along his Army digital communications journey, Terence M. “Terry” Edwards concluded a 33-year Army civilian career during an April 21 retirement ceremony.

A member of the Senior Executive Service, Edwards retired as the chief science and technology advisor for the Program Executive Office for Command, Control and Communications-Tactical (PEO C3T).

“Being a first-generation immigrant and being able to have a career like mine can only happen in a country like ours,” Edwards said. “To play a tiny role in protecting its freedom has been like a dream.”

Edwards, who began his career as an engineer at Fort Monmouth, New Jersey, held senior assignments at the U.S. Army Materiel Command, at the Office of the Army Chief Information Officer/G-6, and the Assistant Secretary of the Army for Acquisition, Logistics and Technology, before returning to PEO C3T to close his career at APG.

“It is only fitting for me to complete my career here with the team I started with 30 years ago,” said Edwards. With his wife, Delna, two children and other close relatives looking on, he said the Army had been “like a family to us.”

“One cannot have achieved what I have without the help of many incredible people, and many of you are here

in the audience today,” he said. “You’ve played a role in molding me, guiding me, and supporting me on this incredible journey.”

A highlight of that journey was Edwards’ role in the Force XXI campaign, the Army’s signature digitization effort of the 1990s. When the Army was getting ready to conduct the Advanced Warfighting Experiment to prove out its new digital capabilities on the battlefield in 1997, it was Edwards who rallied a team at Fort Hood, Texas to integrate more than 70 separate systems into a cohesive network for the first time.

Shifting into 24/7 operations, with coding taking place at night and testing during the day, he led a team from government and industry to create a network that achieved the critical goals of Force XXI: situational awareness at brigade and below and information-sharing in the command post.

“He continuously validated progress with Soldiers and commanders – making sure engineers heard and implemented user input to shape each iteration of the network baseline,” said Maj. Gen. Daniel P. Hughes, program executive officer for C3T, who hosted the ceremony. “The technical progress made during this time period was critical to Army operations in the Balkans, Iraq, Afghanistan and beyond. Our Soldiers were safer and more effective in those conflicts because of Terry Edwards.”

Edwards later compared the Force XXI experience to “being in a race and



Photo by Denise Rule

Terry Edwards, retiring after more than 33 years of civilian service to the Army, acknowledges friends and supporters during his retirement ceremony at the Myer Auditorium on APG North (Aberdeen) April 21.

building the car and the factory at the same time.” Through his efforts, the Army successfully established the infrastructure required to support increasingly mature digitization exercises and eventual fielding of advanced tactical communications capabilities. He cemented the role of the Central Technical Support Facility at Fort Hood, which became a model for technical integration facilities around the country and a critical support valve for units that later deployed with digital systems.

“We were fortunate to be part of something that was much bigger than us, and truly an amazing time,” Edwards said. “It was wonderful to witness firsthand what a dedicated and focused team can accomplish. They were the real heroes.”

As he progressed to assignments of increasing responsibility through the course of his career, Edwards applied his hands-on experiences to larger causes that will lead to efficiencies and lasting improvements benefiting the Army, including becoming a driving force for

the Common Operating Environment and the Network Integration Evaluation.

Returning to PEO C3T in his final assignment, Edwards was at the forefront of implementing an ambitious technology roadmap to drive innovation and direct limited modernization resources to the investments that will have the greatest impact for the Soldier.

During the ceremony, Edwards was awarded the Army Meritorious Civilian Service Award, the Signal Corps Regimental Association Bronze Order of Mercury, and he received a congratulatory letter from President Barack Obama.

“Long after his retirement, his impact will be felt by Soldiers who can use digital maps to distinguish friends from enemies, exchange battle graphics, chat messages in their vehicles and command posts, and pass critical data down to the lowest echelons of the force,” Hughes said.

“The Army was extremely fortunate to have him on our team, and we thank him sincerely and wish him all the best for the future.”

“Being a first-generation immigrant and being able to have a career like mine can only happen in a country like ours. To play a tiny role in protecting its freedom has been like a dream.”

Terry Edwards
Former PEO C3T Chief Science and Technology Advisor

THIS WEEK IN APG HISTORY



Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News masthead is from 1976.

By **YVONNE JOHNSON**, APG News

10 Years Ago: April 28, 2005

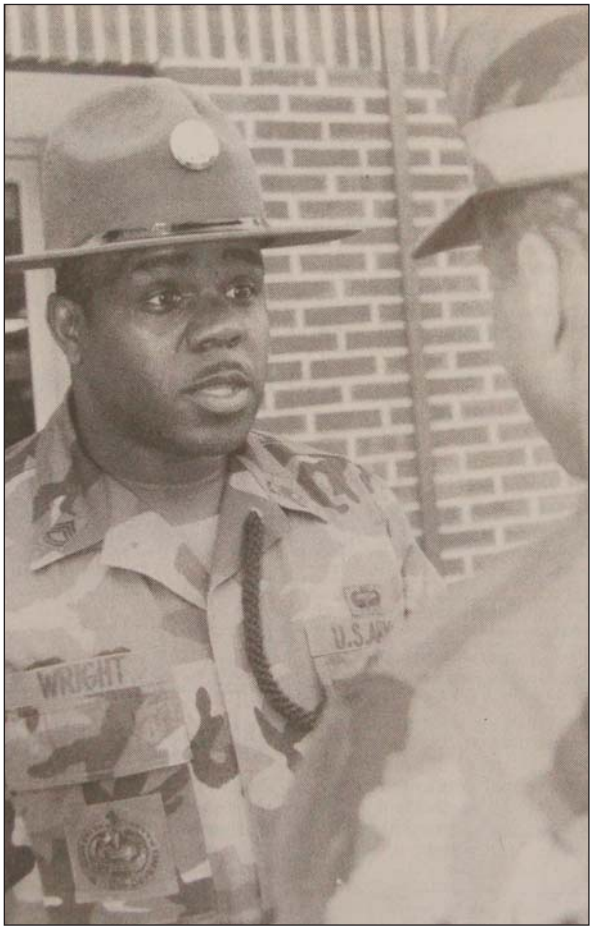


(Left) Stanley Futch, left, a Directorate of Installation Operations pest controller, pours corn into the feeding area of one of four deer feeding stations on APG. David Testerman, DIO pest controller, center, finishes filling the container with 200 pounds of corn while Kathleen Cruise, a DIO contractor checks the rollers. Cruise is responsible for monitoring the feeding stations.



(Right) From left, Stacey Hummel, her daughter Lauren and Esther Reinholt with her 4-month-old son William, enjoy a sunny stroll near the flowering trees along Harford Boulevard.

25 Years Ago: April 25, 1990



(Left) Sgt. 1st Class Thomas Wright, a senior drill sergeant with the 16th Ordnance Battalion, questions a Soldier about the correct wear and appearance of the battle dress uniform.



(Right) Steve Wampler an environmental protection specialist with the Directorate of Safety, Health and Environment, examines the "lumberjack" work of a beaver on an APG tree.

50 Years Ago: April 29, 1965

(Below) From left, Lt. Howard Burchill of the foreign military training division discusses a local historical marker with South Vietnam Army officers Maj. Phan-Van Tai, Capt. Lai Nau Xyuen and Capt. Nguyen Tron Lier during an orientation program sponsored by the U.S. Army Ordnance Center and School.



(Right) Army Band Spc. John Crocken Jr. drums up interest in the upcoming Armed Forces Day program to the delight of Ricky Ryan, the son of Capt. Richard B. Ryan Jr.



Army bans popular protein bar

Consumption of hemp seeds in any form prohibited by Army reg.

By **RACHAEL TOLLIVER**
Fort Knox Public Affairs

For anyone who relies on protein bars as an afternoon or post-workout snack, they should be warned about military-unfriendly ingredients in their all-natural selections.

“Strong & Kind” bars which include Hickory Smoked, Roasted Jalapeno, Honey Mustard, Thai Sweet Chili and Honey Smoked BBQ, contain hemp seeds in their ingredients. These seeds may contain low levels of tetrahydrocannabinol, a chemical found in marijuana, which the Army believes may be detectable in drug screening tests.

This ingredient is not included the Kind fruit and nut bars, and a complete list can be found at www.kind-snacks.com.

The Army’s position on the consumption of hemp seeds, or its derivatives, is similar to its sister services and follows laws and guidelines set forth by U.S. law enforcement agencies.

Army Regulation 600-85 para 4-2, (p) states that, “...Soldiers are prohibited from using Hemp or products containing Hemp oil.” And the “...Violations of paragraph 4-2 (p) may subject offenders to punishment under the Uniform Code of Military Justice and or administrative action.”

DOD regulations are based on several considerations, some of which are U.S. laws. In this case, the U.S. Drug Enforcement Agency categorized hemp seeds, “if they contain THC...” as an illegal product.

Additionally, the Department of Justice issued a ruling on what products that contained THC were exempt from being treated as an illegal drug under the Controlled Substances Act.

In part, the ruling reads: “Specifically, the interim rule exempted THC- con-

taining industrial products, processed plant materials used to make such products, and animal feed mixtures, provided they are not used, or intended for use, for human consumption and therefore cannot cause THC to enter the human body.”

As such, the Army has written its policy to adhere to and to enforce these laws. The bottom line-Soldiers may not consume hemp seeds or hemp oil.

Hemp seeds in food

So how can a product designed for consumption legally contain hemp seeds?

In 2004 the Ninth Circuit Court of Appeals issued a unanimous decision protecting the sale of hemp-containing foods. Those foods generally contain naturally occurring THC at less than the USDA guideline of one percent. Industrial hemp remains legal for import and sale in the U.S., but U.S. farmers still are not permitted to grow it.

According to University of California at Berkeley, most of the THC found in hemp seeds are located in the seed hulls, which are removed during processing. Today’s hemp seeds are processed to reduce levels of THC to negligible quantities but 15 years ago industrial hemp had higher THC levels and the seeds were prepared differently for processing.

Testing positive

Dr. Christopher States, the associate dean for research in the department of pharmacology and toxicology at the University of Louisville School of Medicine, said a person would have to consume a large amount of hemp seeds to test positive for noticeable amounts of THC.

“There is a lot of data out there that says the amounts of THC in hemp seeds is negligible unless someone eats over 300 grams, which would be about two-thirds pound of hemp seeds,” he noted. “And hemp seeds are a healthy source of protein with negligible traces of THC (also) hemp has cannabidiol oil which is what researchers are now using for epilepsy.”

However, Capt. Christopher DiPiro, a doctor at Ireland Army Community Hospital, said while there are very low amounts of THC in hemp seeds and although most people will not test positive after consuming the seeds, studies



According to Army Regulation 600-85, Soldiers are prohibited from using hemp or products containing hemp oil. Violators may be subject to punishment under the Uniform Code of Military Justice and or administrative action.

have shown 20 percent of those tested might pop hot after eating them.

He added that consuming hemp seeds is not harmful beyond the possibility of a failing a drug test.

Businesses dealing with DOD must be aware of requirements like AR 600-85 para 4-2, (p). Because of this regulation, AAFES does not carry “Strong and Kind” bars, said Chris Ward, a public relations specialist for AAFES, but they do carry the basic “Kind Bars.” And DeCA public affairs specialist Rick Brink added that while, commissaries carry Kind Bars, they have also chosen not to carry Kind & Strong bars because of the hemp seed content.

“We strive to ensure products do not conflict with published DOD guidance,” Ward explained.

Kind snack bars were created out of a “Kind need,” after the president and CEO, Daniel Lubetzky, was tired of working long days and not being able to eat healthy during those times. In his new book, Lubetzky said he wanted something that was, “a wholesome snack option that could travel well, fill me up, and that tasted good,” and whose ingredients he understood.

In keeping with the goal of including only ingredients that someone could understand and that were good for the body, when the company came out with its Strong & Kind bars, it added hemp seeds.

Joe Cohen, a spokesman for the Kind Company, said in correspondence with this office that the reasons the hemp seeds are included in the those particular bars is for nutritional benefits.

“Hemp seeds contribute protein, fiber and other important nutrients such as potassium and phosphorus to our Strong & KIND bars,” he explained. “Hemp, when combined with the protein from almonds, peas and pumpkin seeds, provide all nine essential amino acids.”

Even though the DEA and DOJ have published final rules on the consumption of THC-containing hemp, there is a small window provided by the USDA at less than one percent for THC content.

“Our Strong & KIND bars adhere to USDA testing and have a THC level of .001 percent. As referenced by the Congressional Research Service, a level of about one percent THC is considered the threshold for cannabis to have a psychotropic effect or an intoxicating potential,” Cohen said.

However, the bottom line is--military guidance says the consumption of hemp products is off limits, and as such military personnel and DOD civilians are prohibited from eating such foods.

KIND offers a variety of nutritious bars and snack food items that do not include hemp, and can found by visiting www.kindsnacks.com.



Lee Hampton, Garrison embedded technician

By **STACY SMITH**
APG News

As the embedded technician for garrison directorates, Lee Hampton is responsible for managing all personal computers and printers, and fixing large outages.

“I take care of the VIP tickets and

emergency issues with garrison...the PC’s, the printers, and I try to do as much imaging as I can if a machine crashes,” Hampton said.

Though systems do occasionally crash, he said most of his days are spent applying patches, updates, network changes, and repairs to garrison

computers.

Hampton said he works closely with the Directorate of Emergency Services, specifically the 911 Call Center. The center has five dispatcher machines that Hampton assures are connected to Maryland State Police records at all times.

Through this connection, “They [DES] can look up background on [a suspect], warrants, driving records, and keep them off post if they’re a risk or threat,” Hampton said.

Hampton said he enjoys his job because no two days are alike.

“It’s a lot of fun, and garrison has a lot of neat things, [like the] video teleconferencing equipment at headquarters.

An Army veteran, Hampton was a specialist in the Infantry in Germany for three years. He later worked as a Mer-

cedes Benz auto mechanic for 10 years; he said he worked on cars belonging to boxers Riddick Bowe, Mike Tyson, and sportscaster James Brown.

His love of computers was stronger than his love of cars, however, and he switched careers.

Hampton said at one time he had more than \$20,000 in tools, but as a computer technician, a screwdriver is the only tool he needs.

At APG for about five years, Hampton formerly was with the Chemical Material Agency (CMA) at APG South (Edgewood) and he has previous experience with the Defense Contract Managing Agency (DCMA) in northern Virginia.

Hampton is located in Bldg. 320.. For technical assistance call the help desk number at 866-335-2769.



Photo by Andricka Thomas

ATEC hosts annual DOD test & evaluation meeting

Maj. Gen. Peter D. Utley, commander, U.S. Army Test and Evaluation Command, welcomes members of the Test and Evaluation Managers Committee, TEMAC, hosted by ATEC at APG April 21-22.

This annual two-day meeting serves as a venue for test and evaluation experts to address, test and evaluate strategies, actions plans and facilitation plans to increase coordination between the test and evaluation community and its stakeholders. TEMAC is a forum for the test and evaluation community to review and study issues raised by the acquisition and requirements community and forge plans to address those issues.

This year’s theme, “T&E Resources, Challenges and Opportunities,” was the topic of discussion as the group plans how test and evaluation will support the Future Force.



***APG youth honored
at Military Child
of the Year gala***

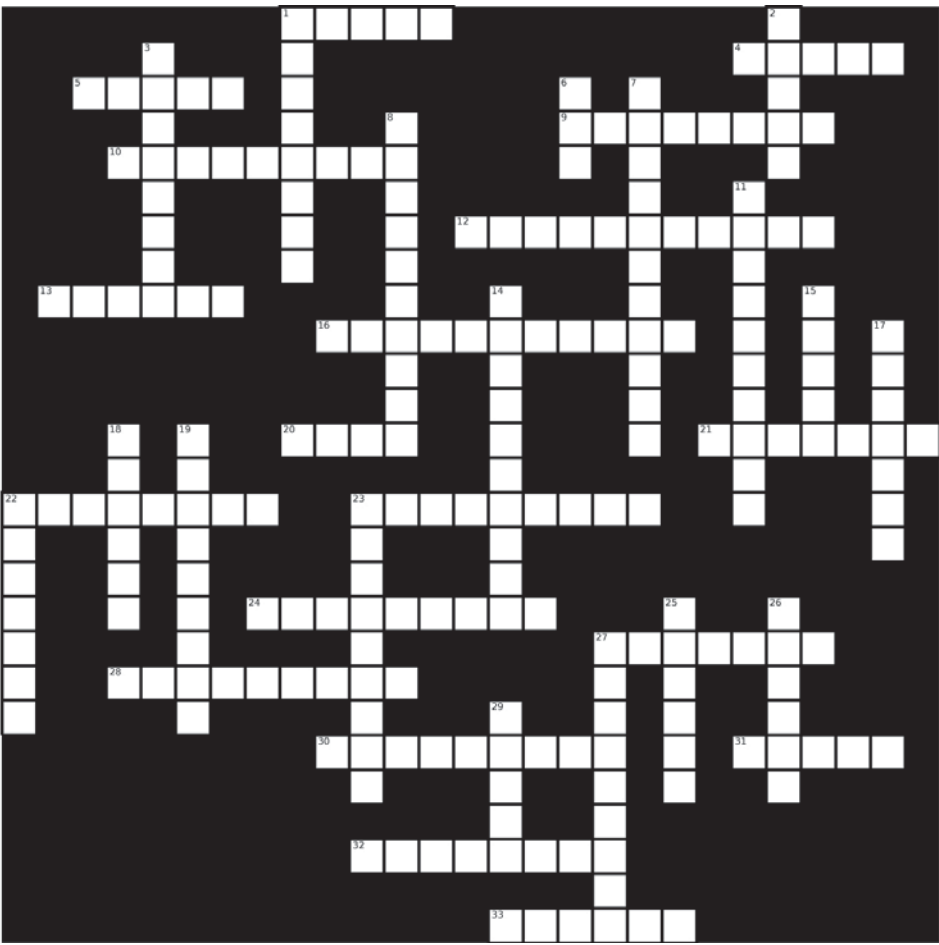
Gen. Daniel B. Allyn, Army vice chief of staff, presents the Army Child of the Year award to Cavan Grey McIntyre-Brewer during the 2015 Military Child of the Year Awards Gala in Arlington, Virginia, April 16.

McIntyre-Brewer created a nonprofit organization, the Socks for Vets program, and has helped 7,500 wounded warriors with socks and other donated items. He advocates for veterans through this program at the state and national levels, promoting events and telling the stories of those he served.

Allyn said McIntyre-Brewer “is an incredibly quiet, humble and shy individual who exemplifies a spirit of selfless service.”

Photo by Staff Sgt. Sean K. Harp

The APG Crossword



By **STACY SMITH**, APG News

Team APG will host Bike to Work Day rallies May 13 and 22. Here’s an all-things-bicycle-related trivia puzzle to test your knowledge of the world’s most popular two-wheeled vehicle.

- Across**
- 1. Bicycle prototype, the dandy _____, was ridden by Buster Keaton in 1923 film “Our Hospitality”.
 - 4. Bicycles were first introduced in this country in the late 1800s.
 - 5. In the 1985 film “Pee Wee’s Big Adventure”, the titular character is told by a psychic that his missing bicycle can be found here.
 - 9. The prototype of this type of bike was not developed until 1977.
 - 10. The 1970s saw an increase in bike sales due to concerns over air _____ created by cars.
 - 12. European country in which 30 percent of all trips are made by bicycle.
 - 13. The smallest adult bicycle ever created had _____ made from silver dollars.
 - 16. Before the word ‘bicycle’ became popular, bikes were typically called _____.
 - 20. Seating a bicycle rider in a more aerodynamically streamlined position can reduce air _____.
 - 21. Term not introduced until the late 1860s, when it was coined in France to describe a new kind of two-wheeler with a mechanical drive.
 - 22. U.S. organization that uses bicycles for scouting, troop

- movement, supply of provisions, and patrol.
- 23. European city that introduced first bicycle-sharing system in 1965.
- 24. The first of this type of bike business began in California in 1894 when a railway strike halted mail delivery.
- 27. Stretchy clothing material often used to make bicycle shorts.
- 28. He circled the globe by bicycle in 1935, covering 40,000 miles.
- 30. The Tour de France is considered the toughest test of _____ out of all sports.
- 31. The risk of developing this disease is reduced by more than half by cycling 20 miles a week.
- 32. The German horseless carriage, named after its inventor, Karl von Drais, which led to the creation of the modern-day bicycle.
- 33. Constrictive article of women’s clothing whose popularity began to wane during the Victorian era due to a bicycle craze.
- 14. French word that is the origin of ‘bicycle.’
- 15. The _____-farthing, also known as the high wheeler, is a type of bicycle with a large front wheel and much smaller rear wheel; popularized during Victorian era.
- 17. There are roughly one _____ bikes in the world, about twice as many as motor vehicles.
- 18. Brothers who built the first flying airplane also operated a small bike repair shop.
- 19. German electronic music band that made a cycling concept album used during the centenary of the Tour de France.
- 22. Public Television Show, “Call the _____,” debuted in 2012 and features women commuting by bicycles in London’s East End.
- 23. Cyclist stripped of seven consecutive Tour de France titles.
- 25. Type of bicycle made to be ridden by two or more people.
- 26. Piece of equipment required by Maryland law for all bicycle riders under age 16.
- 27. Accessory often found on the handlebars of children’s bikes.
- 29. Song lyric from 1970s band Queen: “Bicycle _____ are coming your way. So forget all your duties, oh yeah!”

- Down**
- 1. Contemporary subculture that made fixed gear bikes, first popularized by bike messengers, fashionable.
 - 2. Part of a typical bicycle that holds half of all its parts.
 - 3. Bicycles currently displace over 238 million gallons of _____ per year.
 - 6. Extreme style of bicycle track racing; abbreviated.
 - 7. The bicycle was recognized as a “freedom machine” for women by this 19th century feminist movement.
 - 8. Mandatory subject at St. Helen’s School in Newbury, Ohio.
 - 11. Brain chemical released during the mild to moderate exercise bicycling provides.

Solution to the April 23 puzzle



WORD OF THE WEEK

Vituperate

Pronounced: vahy-TOO-puh-reyt

Part of Speech: Verb

Definition:

- 1. To speak meanly about someone or something.
- 2. to speak abusively to or about; berate; revile

Related Forms:

Vituperative, adjective
Vituperatively, adverb
Vituperativeness, noun
Vituperator, noun

Use:

- Your extreme use of vituperate words and phrases tends to negate the valid points of your argument.
- Instead he delivers vituperative attacks on those who, in defending themselves, expose him.
- If you want to have some fun, read the vituperative comments on that post.

By **YVONNE JOHNSON**, APG News
Source: <http://websters.yourdictionary.com>; <http://dictionary.reference.com>

ACRONYM OF THE WEEK

NIH

National Institutes of Health

The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation’s medical research agency. Located primarily in Bethesda, Maryland, NIH is the largest source of funding for medical research in the world, funding thousands of scientists in universities and research institutions in every state across America and around the globe.

NIH is made up of 27 institutes and centers, each with a specific research agenda, often focusing on particular diseases or body systems.

More than 80 percent of the NIH budget goes to more than 300,000 research personnel at 2,500+ universities and research institutions. In addition, about 6,000 scientists work in NIH Intramural Research laboratories, most of which are on the NIH main campus; also home to the NIH Clinical Center, the largest hospital in the world totally dedicated to clinical research.

The NIH conducts its own scientific research through its Intramural Research Program (IRP) and provides major biomedical research funding to non-NIH research facilities through its Extramural Research Program.



By **YVONNE JOHNSON**, APG News
Source(s): <http://nih.gov>; www.wikipedia.org

Global Response Force mission training

By **WALTER T. HAM**
20th CBRNE Command

Soldiers, from the 20th Chemical, Biological, Radiological, Nuclear, Explosives, or CBRNE, Command, are training for the Global Response Force mission at Fort Polk, Louisiana.

The 722nd Explosive Ordnance Disposal, EOD, Company is participating in the training rotation with the 82nd Airborne Division at the Joint Readiness Training Center.

The APG based 20th CBRNE Command began integrating into decisive action rotations in 2013 and 20th CBRNE units train with U.S. Army maneuver forces here on Fort Polk and at the National Training Center on Fort Irwin, California.

The Fort Bragg, North Carolina-based 722nd EOD Company is part of the 192nd EOD Battalion, 52nd EOD Group, 20th CBRNE Command.

With Soldiers and civilians on 19 post in 16 states, 20th CBRNE is home to 85 percent of the Army’s CBRNE forces.

The only U.S. military formation of its kind, 20th CBRNE combats chemical, biological, radiological, nuclear and explosive threats in support of operations throughout the globe and conducts defense support to civil authority missions in the United States.

In support of the Army’s regional alignment efforts, 20th CBRNE is aligning its three brigade-sized elements to cover different geographic areas.

The Fort Carson, Colorado-based 71st EOD Group covers the Asia-Pacific region; the Fort Hood, Texas-based 48th CBRN Brigade operates in Europe, Africa and the Middle East; and the Fort Campbell, Kentucky-based 52nd EOD Group deploys for Global Response Force missions.

Brig. Gen. JB Burton, commanding general of 20th CBRNE Command, said decisive action training rotations have helped to instill an expeditionary mindset into his command.

“We never know where we might be called to serve so we have to be



Photo by Sgt. 1st Class Seth Laughter

Soldiers, from the 20th Chemical, Biological, Radiological, Nuclear, Explosives Command, are training for the Global Response Force mission at Fort Polk, Louisiana.

ready to go anywhere at any time,” said Burton, a native of Tullahoma, Tennessee. “These training rotations

have proven that 20th CBRNE Soldiers and civilians are more than up to that challenge.”

Remembrance event encourages students to ‘choose to act’

Continued from Page 1

“May 1941, all women between 12 and 25-years-old must register,” Rosen said of the strict laws enacted after the invasion. Nearly 400 young women were sent to a nearby city to work, including Rosen’s 12-year-old sister.

By August 1942, several thousand of the remaining Jews in Rosen’s town were selected for deportation. His parents were sent to Auschwitz, though no one knew the atrocities that awaited them there at the time, he said.

Rosen was put on a train and sent to a labor camp. “At that time, the camp was not so bad, but we didn’t have enough food,” he said.

For the next several years he was shuffled between a series of labor and concentration camps. He narrowly escaped being sent to Auschwitz and the camp’s gas chambers. He told audience members of the labor he and his fellow prisoners were forced to do. Hundreds of people died each day, he said.

Death marches

In February 1945, Rosen and thousands of other prisoners were sent on a death march, walking more than eight hours a day in the frigid weather and snow. They were forced to bathe in cold rivers.

“We walked for four weeks,” he said. “Those who could not walk were shot.”

They eventually arrived at Buchenwald, a concentration camp, where Rosen said “there were mountains of the dead, eight feet high.” Shortly after, they were sent on another death march.

“Nine days on a train, no food, no water,” Rosen said. When they eventually arrived at their destination, Rosen said the Nazis didn’t know what to do with them so they tried to poison them with tainted soup.

Liberation

By May 1945, Rosen was at the Theresienstadt ghetto and ill with typhus, an infectious disease causing delirium that ran rampant in the camps. He was found unconscious outside of a building when Soviet troops liberated the camp.

“I must have jumped out the window. I laid there on the ground and I remember I heard someone singing” he said. “Someone put water up near my face...a Soviet soldier said ‘you are free to go home.’”

After the liberation, the trauma of the Holocaust was not over for the survivors. Rosen spoke of the refugee camp at which he stayed before eventually reconnecting with his brother-in-law. He recalled his first “human” experience after being liberated, and the strong emotions that followed.

“We went to a restaurant and I started crying. Everything was covered in white table clothes, and napkins – not paper napkins – and food. I couldn’t believe...there I was an animal, here I am a person and I couldn’t believe [it],” Rosen said. “At night I couldn’t sleep. I cried all night long. There I slept on wooden boards with nothing to cover me, here there are white pillow cases, nice and warm bed. All night I cried.”

Rosen’s parents and five of his siblings perished in the Holocaust.



(Above) Local student Andy Liu, 14, lights a candle and offers his chosen word, “strength,” during APG’s annual Holocaust Days of Remembrance observance April 23 as, from left, Ted Zaborowski, 13, Cullen Griffin, 13, Rabbi Gila Ruskin, and Keira Brown, 13, look on. Students from South Hampton and Bel Air middle schools lit candles in memory of the victims of the Holocaust and offered words of hope and remembrance during the ceremony.

Photo by Sean Kief



(Left) Morris Rosen, born Moniek Rozen in Poland, survived a series of labor and concentration camps during the Holocaust. He shared his story during APG’s Holocaust Days of Remembrance observance April 23. This photo of Rosen was taken at the Weiden Displaced Persons Camp, where he stayed for several years after his liberation in May 1945.

Photo courtesy of the U.S. Holocaust Memorial Museum

Immigration to the U.S.

Just 23-years-old when he was freed, Rosen eventually immigrated to the U.S. in 1949. He arrived in New York and found his way to Baltimore where he got a job, went to art school and became an interior designer.

“I can’t complain,” Rosen said. “I have a nice family now. I have two sons, two grandchildren. I am very lucky to be alive. God bless America for the beautiful country, the free country. Believe me, people shouldn’t complain here... We are blessed here.”

Local students from South Hampton and Bel Air middle schools, born 60 years after the end of World War II, had the opportunity to hear Rosen’s story. They attended the event as part of their schools’ annual curriculum covering the Holocaust. Six students took to the stage to light candles honoring the millions of Holocaust victims.

The theme of this year’s Days of Remembrance, “learning from the Holocaust, choosing to act,” was echoed by each of the speakers. Students and other community members in attendance were urged to learn from the mistakes of the past and choose to act in the face of prejudice or injustice.

Dr. Laurel Allender, SES, director of ARL’s Human Research & Engineering Directorate, introduced Rosen.

“Today we pause, we remember, we honor those who were lost and we honor those who survived,” she said.

Allender said there is still work to be done, urging attendees to “fight prejudice and racism in the here and now.”

Renesha Robinson from CECOM’s Logistics and Readiness Center performed a soulful rendition of the national anthem, followed by the invocation delivered by Rabbi Gila Ruskin.

“Trust each other, believe in each other,” Ruskin reminded attendees.

Posters and educational material were displayed in the lobby of the theater for attendees to view prior to and after the observance.

APG family member Shelby Parks said Rosen’s story was very powerful.

“To hear about it first hand from a survivor is completely different than learning about it in school,” she said. “It makes it a reality and really puts it into perspective,” she said.

South Hampton Middle School student Corben Gebbski, 14, said he “learned how dark a time the Holocaust was for the world. I hope it never happens again.”

At the end of the program, Rosen commented on the genocides seen in Bosnia, Rwanda and Darfur. He told attendees, especially “younger people, don’t be quiet if you see something.”

“And be kind to one another.”

Children learn of parents’ service to nation

Continued from Page 1

Approximately 27 children who ranged in age from five to 17-years-old and their parents and guardians participated in the event, which included job shadowing, a scavenger hunt, and equipment displays and demonstrations.

The event was held to not only help children better understand what their parents do in support of national defense, but to encourage an interest in science, technology, engineering, and math (STEM)-related career fields, said Cicely Livingston, JPEO-CBD chief of strategic communication.

“Having them [children] here to see what we do gives them an expanded vision of where they want to go in the future, said Alan Burket, incoming JPEO-CBD chief of staff, “I think it’s important for them to see how we support the Warfighters.”

Catherine Rambo, the 12-year-old daughter of JPEO-CBD employee Janice Rambo, said she appreciated the STEM-related activities because she hopes to be an engineer when she grows up. She said she was most impressed by the 3-D printing.

“We went to the Advanced Design and Manufacturing [facility] and they showed us all the different machines and how much they cost and what materials they use to make the different printings. It’s pretty cool,” she said.

The event was also significant to parents like Lennie Fort, JPEO-CBD program analyst, who said he’d been looking forward to bringing his two boys, 9-year-old Daniell and 7-year-old Elijah. He said his eldest son is especially interested in his work.

“We’re [JPEO-CBD] covering the organizations that make different vaccines and products for Soldiers, and he’s [Daniell] reading about these kinds of things.”

Daniell brought a book about natural and manmade disasters with him to the event. He said the book helps him learn more about his dad’s job.

“He relates to a little bit about what

I do, based off of what [he reads],” Fort said. “We have some good conversations about it.”

Companies and organizations across the nation celebrate Take Your Child to Work Day. Steven Lusher, JPEO-CBD multimedia alignment and strategic communication specialist, said the organization has participated in the tradition for several years. In addition, parents of younger children said they were excited to introduce the tradition to their little ones for the first time.

“I remember when my mom [took me to Take Your Child to Work Day] when I was a little girl. I want her to have the same memories that I had. It’s important,” IT technician Rebecca Massey said about her daughter.

After a child-friendly lunch that included pizza and coloring, James Rouse, JPEO-CBD events and community outreach coordinator, led a biochemical demonstration while wearing a Joint Service Lightweight Integrated Suit Technology (JSLIST) – personal protective gear used to protect the body from chemical and biological agents. He demonstrated how the Joint Service General Purpose Mask (JSGPM) operates.

Rouse answered questions from the curious children, explaining how the equipment helps Warfighters do their jobs, and connected the equipment to the pivotal role their parents play at work.

“Your parents play a role in providing technology, equipment, chemical and biological defense, and acquisition to the Warfighters,” he said. “Your parents have a very important job. They’re providing a service to the United States.”

He showed the children miniature models of the Unified Command Suite and Analytical Laboratory System – a C-130 air transportable system that can detect and analyze chemical and biological warfare agents and toxic industrial materials and chemicals.

Several of the younger children



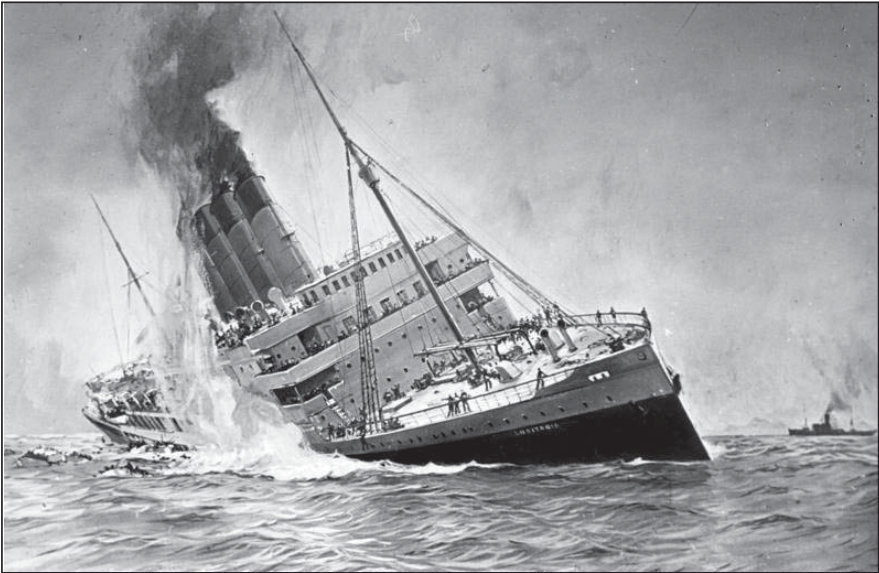
Courtesy photo
The Joint Program Executive Office for Chemical and Biological Defense (JPEO-CBD) hosts a Bring Your Child to Work Day event April 23 at APG South (Edgewood), highlighting the importance of science, technology, engineering, and math (STEM) for school-aged children of the JPEO-CBD workforce. The children modeled colored-in paper masks representing the Joint Service General Purpose Mask (JSGPM) worn by James Rouse, the event coordinator.

referred to the vehicle as a “toy,” to which Rouse playfully responded, “This is a very expensive toy.”

The educational day ended with an

ice cream social and award presentations. The children took home the gas masks they colored in as a reminder of the day’s experiences.

Did You Know?



May 7, 2015 marks the 100th anniversary of the sinking of the British ocean liner RMS Lusitania by Germany which helped influence American entry into World War I.

The RMS Lusitania was an ocean liner operated by the Cunard Company that served the North Atlantic Liverpool, England to New York City route. Launched by the Cunard Line in 1906, Lusitania set the records for the largest and fastest ship afloat, surpassing the ships of her naval rival, Germany, until she was eclipsed by her twin sister, Mauritania.

During World War I, Germany waged submarine warfare against the United Kingdom and the Lusitania, which had been built with the capability of being converted into a warship, was identified as a target. When the German submarine U-20 torpedoed her on May 7, 1915, the ship suffered two explosions, the second of which was never fully explained, and sank in 18 minutes.

The Lusitania disaster killed 1,192 of the 1,960 known people on board, leaving 768 survivors. Four of those survivors died soon afterwards of trauma sustained from the sinking, bringing the final death toll to 1,196.

The sinking turned public opinion against Germany, particularly those in Ireland and the then-neutral United States.

In firing on a non-military ship without warning, the Germans had breached the international laws known as the Cruiser Rules. Although they stated their reasons for treating Lusitania as a naval vessel, including the fact that the ship was carrying war munitions and said the British had been breaching the Cruiser Rules, the sinking caused a storm of protest, and the United States joined the war on the side of the Allies April 6, 1917.

Arguments on whether Germany’s attack on a ship that was carrying passengers as well as war contraband was justified, as well as the nature of the ship’s second explosion, continue to be debated today.

Lusitania Centennial events will be held in New York and Washington D.C. in May as we’ll as in England and Ireland. For more information, visit <http://www.rmslusitania.info/lusitania> or <http://www.worldwar1centennial.org>.

Yvonne Johnson, APG News

Source(s): <http://www.rmslusitania.info/lusitania/>; [www.wikipedia.org](http://www.worldwar1centennial.org)



Photo by Yvonne Johnson
Military retirees and spouses pay their respects as the national anthem is played during last year’s Retiree Appreciation Day event at the APG North (Aberdeen) recreation center. This year’s gathering is set for 8 a.m. Saturday, May 9 at the same location.

Appreciating retirees

Continued from Page 1

and Veteran Service Organizations.”

Along with post garrison organizations such as Kirk U.S. Army Health Clinic, which will provide health screenings, and shingles and pneumonia vaccinations for qualified retirees and spouses, the ID card section will be open for service, Laughton added.

The guest speaker for the event is Maryland State Senator Robert G. Cassilly (District 34-Harford County) and a former member of the Maryland National Guard who served in Iraq. In addition, retirees will have the opportunity to query a panel of representatives from post support organizations such as the Commissary, legal office and Morale, Welfare and Recreation, as well as the Exchange and Corvias Military Housing.

APG Senior Leader, Maj. Gen. Bruce T. Crawford also is slated to address the assembly.

Laughton said retirees and their survivors won’t want to miss the event and asked that those in the know spread the word.

“A lot of people come together to make this happen for the APG community,” he said.

“Retiree councils and retiree appreciations are governed by Army Regulation 600-8-7. We’re a sub-council of Fort Meade, Maryland and we act in accordance with the regulations to bring this event to APG which has a large military presence, retiree-wise.”

For more information, contact Tom Shumate, co-chair, APG Retiree Council, or Betty Willard, APG retirement services officer or visit www.TeamAPG.com.

Bike to work days set for May

Continued from Page 1

The site states that bike riding is better for the environment and that commuting via bikes decreases carbon monoxide and other toxic emissions, improves air quality, and lowers medical expenses for obesity and other health problems. Bike commuters live longer, have better blood pressure and are less likely to be overweight.

The APG North (Aberdeen) rally will be held at Erie and Raritan streets, adjacent to the athletic center. The APG

South (Edgewood) rally will be held at 5002 Hoadley Road in the Freedom Federal Credit Union parking lot.

APG’s Bike to Work rallies are free; however, registration is required at www.Bike2WorkCentralMD.com. Registered participants will receive a free gift, snacks-to-go and a chance to win giveaways from program sponsors.

For more information about the rallies or to become a sponsor, contact Alan Doran, Harford Commute Smart Ride-share coordinator at 410-612-1620, or rideshare@harfordcountymd.gov.



APG NEWS

Visit us online at

www.TeamAPG.com/APGNews

APG Snapshot

Take a peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



PLANTING THE SEEDS OF YOUNG GREEN THUMBS

Children at the APG North (Aberdeen) Child Development Center planted seeds in celebration of Earthy Day April 22, developing their green thumbs at an early age.

(Left) Dylan Zander, 3, proudly displays his dirt-covered hands as his friends, from left, Joy Turner, 4; Nia Ramsay, 3; and Henry Monks, 4, take a break from planting seeds.

(Below) Danielle Fredy and children at the APG North (Aberdeen) Child Development Center work together to plant seeds in dirt-filled green pots.

Photos by Stacy Smith



SMOKEY VISITS APG YOUTH

Carson Womack, 5, high-fives Smokey the Bear during his visit to the Aberdeen Child Development Center on Arbor Day, April 24.

As part of APG's Earth Day and Arbor Day celebrations, Smokey visited child development and youth centers on APG North (Aberdeen) to tell children about the dangers of forest fires and how they occur. Earlier that morning, Smokey greeted drivers at the Route 715 gate during rush hour.

Photo by Molly Blossie



HIGH-FIVING FOR FIRE SAFETY

A young girl high-fives Sparky the Fire Dog at the Month of the Military Child 2K Color Family Fun Run Festival hosted by Team APG April 18.

APG Directorate of Emergency Services firefighters were out at the festival to promote fire prevention and safety.

Courtesy photo

